

Many individuals find themselves taking multiple medications at once, often switching between prescriptions to find what works best for them. This can result in an overflowing medicine cabinet which causes confusion and may result in medication mismanagement. To avoid the potential dangers from incorrect dosing, we recommend following the 4 “to-do’s”: Secure, Monitor, Stay Informed & Destroy.

Secure

- Prevent the temptation for abuse or accidental poisoning. Teens often experiment with medications they find in their family’s medicine cabinet. Young kids are curious and like to mimic their loved one’s actions.
- Lock up any medications that have potential for abuse (benzodiazepines, opioids) within medication lock boxes. Lock boxes can be purchased for prices as low as \$25. A great option is available [here](#).

Monitor

- Maintain a proper inventory of your medications, track pill counts and how long each prescription should last you. Many people depend on daily medications, keep a 7-10 day supply of medications on hand at all points.
- Take advantage of medication records that keep track of what meds you’re taking, dosage, and how often you must take them, along with any other medical supply needs.

Stay Informed

- Anytime you receive a new medication, ask your health care provider or pharmacist:
 - What is it for?
 - How long should you take it?
 - What are the possible side effects?
 - Is it safe to take with my other medications?
 - Is there any potential for abuse?

Destroy

- Avoid confusion: get rid of any unneeded, expired or unwanted medications
- Never flush unwanted medications down the toilet, this practice is harmful to our water supply.
- Take advantage of bi-annual Medication Take Back Events that occur the last Saturday in both April & October. Visit www.DEAtakeback.com to find a take back site near you.
- Medication Drop Boxes are available year-round at your local police station. Accessible 24/7, free, confidential, no questions asked! (See the flyer below)



CLEAN OUT YOUR MEDICINE CABINETS!

**Did you know most local police stations
have medication disposal boxes in their
lobbies?**

**No questions
asked -boxes
are accessible
24/7**

**SAFELY dispose of any leftover,
expired or unwanted medications at
the following locations:**

Bethany
CT State Troopers Office
631 Amity Road

Hamden
Police Department
2900 Dixwell Avenue

North Haven
Police Department
8 Linsley Street

Woodbridge
Police Department
4 Meeting House Lane

Accepted Items: Over the counter medications, prescription medications, medication samples, medications for household pets, medicated lotions or ointments



**Protecting Our Environment
and Our Residents**



Public Health
Prevent. Promote. Protect.

This publication was made possible by funding from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.