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Prevention Education Treatment Recovery Assistance

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## Disposing of Unneeded Medication and Sharps

*Disposing of your unused medication safely helps to prevent pollution, accidental poisonings, and substance misuse. See below for several options for emptying your medicine cabinet in the easiest, safest way possible.*

### 5 Easy Steps to Get Rid of Medication on Your Own:

1. Pour the medication into a sealable bag
2. If the medicine is a solid, add a small amount of water to dissolve it
3. Add used coffee grounds, dirt, or kitty litter to the liquid medicine in the plastic bag
4. Seal the bag and throw it away in the trash
5. Be sure to use a permanent marker to black out any personal information on the pill bottle before recycling it or throwing it away

### 3 Easy Steps to Get Rid of Used Needles on Your Own:

1. Place needles inside a rigid, puncture-resistant container (plastic bleach or laundry detergent bottles, shampoo bottles, etc.)
2. Seal container with heavy-duty tape
3. Label container "Not For Recycling"

### Other Options:

Check with your local law enforcement to see if they have a permanent disposal container or know of a medicine collection event coming up.

National Drug Take Back Day takes place in NH at almost 100 locations every April and October. Visit [takebackday.dea.gov](http://takebackday.dea.gov) to find a site near you.