

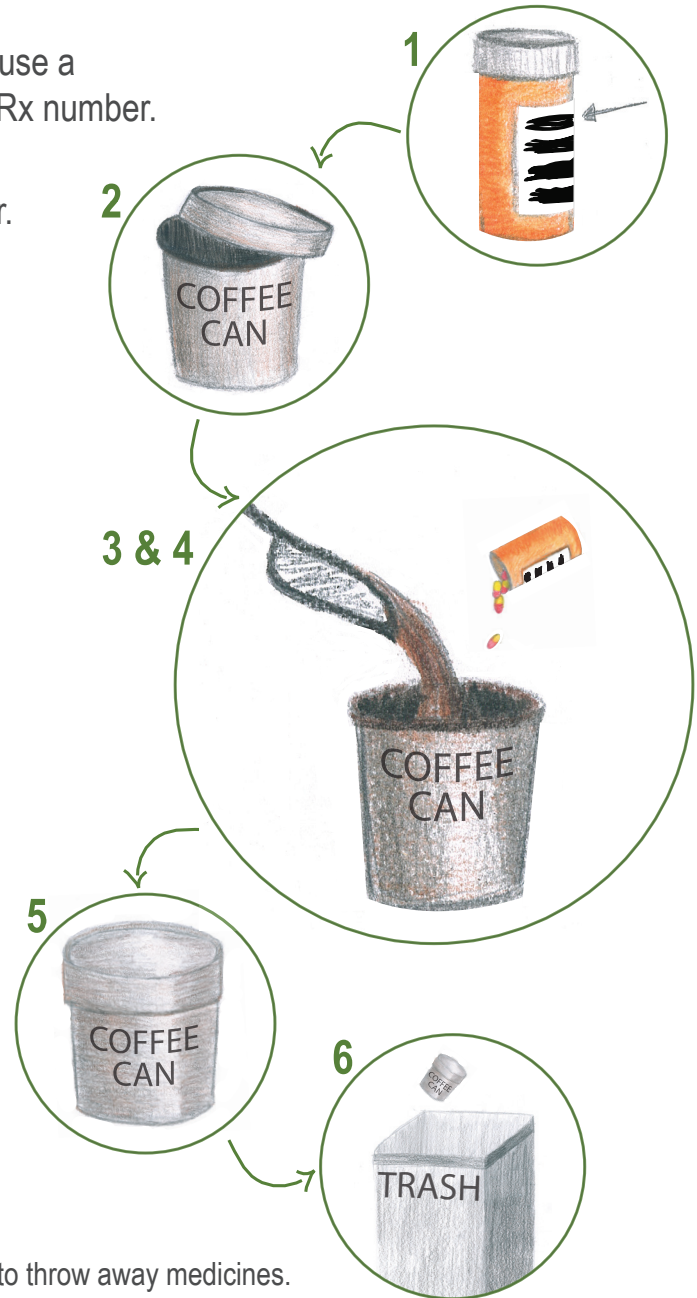
# Medicines: The Right Way to Throw Away

Help protect our drinking water sources by throwing away any medicines you no longer want the right way.



## Here's How

- 1 Remove and destroy all labels from medicine bottle, or use a marker to cross out your name, the doctor's name and Rx number.
- 2 Remove lid from an empty coffee can or other container.
- 3 Add coffee grounds or kitty litter to the container. Do not overfill.
- 4 Open the medicine bottle and dump the pills, tablets or liquid into the same container.
- 5 Place lid on container to seal it.
- 6 Throw sealed container into household trash.



## Other Ways You Can Help

**Think about** the way you buy and use your medicines.

**Buy** only what you need.

**Keep track** of the medicines you have.

**Always check expiration** dates.

**Check for local events** that collect leftover medicines.

**Ask your doctor and pharmacist** to talk to people about the right way to throw away medicines.

**Keep medicines out of reach** of children and teenagers.

To learn more visit [www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)

Direct Link: [www.whitehousedrugpolicy.gov/drugfact/faqs.html#18](http://www.whitehousedrugpolicy.gov/drugfact/faqs.html#18)



Philadelphia Water Department  
[www.phila.gov/water](http://www.phila.gov/water)



Women's Health & Environmental Network  
[www.WHEN.org](http://www.WHEN.org)

THANK YOU  
FOR HELPING  
TO MAKE OUR  
ENVIRONMENT  
**SAFER**