

Medication Safety: Simple as 1-2-3

Unused = Unsafe

1



Monitor all medications and substances

1. Count medications
2. Use a tracking sheet or pill logger app to track dosage and times you take them
3. Know your medications: Pill identifier
- Webmd.com/pill-identification

2



Secure all medications and substances

1. Lock up your medications like you would lock up a weapon
2. Keep all medications in one spot
3. Keep medications out of eyesight and out of reach
4. Never share your medications with anyone
5. Do not keep any medications that are expired or no longer being used

3



Dispose of unwanted medications using a proper disposal method

1. Disposal packet: Detera pouch or Dispose RX
2. Drop box: To learn more visit ncadd-ra.org
3. Eco park: 10 Avion Dr, Rochester, NY 14624 or visit www.monroecounty.gov/ecopark/pharmaceutical.php
4. DEA Medication Take Back Day: Held every Spring and Fall



For more information, to request disposal packets/lock boxes, or to be connected to your local coalition for DEA Medication Take Back Day information contact the FL PRC at **(585) 719-3482**.