Safe Medicine Disposal

Check all storage spaces for unused and expired medicine. Expiration dates are found on your medicine bottle or card.

Getting rid of unused medicine will help you:

- Avoid taking the wrong medicine or the wrong dose.
- Prevent unintended use of medicine, including pain medicines like opioids.
- Lower the risk of poisoning kids and pets.

Do not share your medicine with others.

Learn how to dispose of unwanted or expired medicine.

- View the phone numbers and websites on the back of this card.
- Contact the Vermont Department of Health for more information.
- Find a disposal site near you. Site locations are available on the following websites.
- Ask your doctor or pharmacist how to properly dispose of unwanted or expired medicine. You can find the telephone number on your medicine bottle or card.

For More Information on Medicine Disposal

VT Department of Health: Prescription Drug Disposal

http://www.healthvermont.gov/drug-disposal

Locations listed on website or dial 2-1-1

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For More Information on Pain Medicines

VT Department of Health: Substance Abuse Treatment Options

healthvermont.gov/alcohol-drugs/services

802-863-7200 • 800-464-4343

VT Department of Health: Alcohol & Drug Abuse

http://www.healthvermont.gov/RxAware

802-863-7200 • 800-464-4343

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- Avoid taking the wrong medicine or the wrong dose.
- Get rid of unused medicine will help you:
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  - Check all storage spaces for unused and expired medicine. Consult your doctor or pharmacist how to properly dispose of unwanted or expired medicine.