

Medicine Cabinet Cleanout

We all know the feeling: rummaging through a cluttered medicine cabinet, searching for that bottle of allergy relief or pain medication. While it's often your first stop whenever you're feeling under the weather, your medicine cabinet could pose risks you might not have considered. From expired medications to accidental ingestion, here are five reasons why a regular cleanout is important.

- 1. Reduce the Risk of Accidental Use:** Expired medications can lose their effectiveness or even become harmful. Regularly checking expiration dates and removing outdated medications can minimize the risk of accidental misuse, especially for children, older adults, and pets.
- 2. Minimize Health Risks:** Keeping outdated or unused medications can lead to self-medication, substance misuse or allergic reactions. Most people who misuse medications, like opioids, got their first dose from the homes of people who are prescribed the drug. Proper disposal of unused drugs saves lives.
- 3. Prevent Medication Interactions:** Keeping track of your current medications helps avoid potentially dangerous interactions, too. Cleaning out your cabinet allows you to identify and remove any unused or duplicate medications that could interact with your current prescriptions.
- 4. Creating Space:** A cluttered medicine cabinet makes it difficult to find what you need when you need it — like an EpiPen, an inhaler or any other important items. Regular cleanouts help you keep track of your medications, ensuring you have what you need and eliminating confusion.
- 5. Save Money:** Taking stock of your existing medications prevents unnecessary purchases of duplicates or over-the-counter remedies you may already have at home.

Help ensure the safety of you and your loved ones with a medicine cabinet cleanout. Take the time this National Drug Take Back Day on [insert date] to get rid of all expired or unnecessary prescription drugs in your home. Remember, a little organization can go a long way in promoting good health and preventing risks. To find a prescription drug collection site near you, visit AvoidOpioidSD.com or dea.gov/takebackday.