

## Drug **Dos** and **Don'ts**

- **DO** keep this medication guide up-to-date and carry it with you.
- **DO** take each medication exactly as it has been prescribed.
- **DO** make sure that all of your doctors know about all your medications and any other over-the-counter medications, vitamins and supplements, or herbs that you use.
- **DO** keep medications out of the reach of children.
- **DO** dispose of unused medications properly: crush them; place in a seal-tight plastic bag; add kitty litter, or coffee grounds; seal the bag, and dispose of the bag in the trash.
- **DON'T** change your medication dose or schedule without talking with your doctor.
- **DON'T** use medication prescribed for someone else.
- **DON'T** use medication that has passed its expiration date.
- **DON'T FLUSH** or **POUR** unused, expired or unwanted medications into the public sewer or septic tanks.



Community Prescription Round-up is a collaborative effort to reduce teen substance abuse, accidental poisoning, and protect local water resources from pharmaceuticals and personal care products. For more information please call JTNN at (775) 324-7557.



## Medication Tracking Card

# CPR

X

Community  
Prescription  
Round-up

*Keeping expired and unused prescription drugs out of the wrong hands and protecting water resources through proper disposal.*

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Medication name & strength	Prescription date <i>When did you get it?</i>	Reason for medication	Daily Dose	Time <i>How often? What times?</i>	How many total pills?	Who prescribed it?
<b>Example</b> Norvasc 10mg	3/16/2009	High Blood Pressure	1 pill	Once Daily At 8:00am	30 Pills	Dr. Klein

To download a new card please log on to [www.JTNN.org](http://www.JTNN.org) or [www.washoecounty.us/water](http://www.washoecounty.us/water) and click on the medication card icon.

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