

WORK TOGETHER TO Protect Our Young People, Families, and the Environment

Follow these **Five Easy Steps** to prevent drug abuse, poisoning, and pollution in our communities:

- 1** Keep track of your medicines. Know **what** you take, **when** you take it, and what is left in the bottle.
- 2** Lock your medications **in a safe place**, out of sight of any visitors and youth.
- 3** Only take your medicines **as you need them** and as prescribed. Never share your medications.
- 4** Ask your doctor about **risks associated** with your medications and if there are other treatments available.
- 5** Dispose your unwanted medications in a **“Drug Disposal Box”** at your local law enforcement agency.

Locations listed on the back.



FIND A DRUG DISPOSAL BOX NEAR YOU

Medications only – No needles or liquids

For tips on how to dispose of these items, visit:
<http://www.publichealthprogram.org>

Bridgton Police Department

M-F 8:00-4:30

Cape Elizabeth Police Department

8:00-4:00 daily

Cumberland County Sheriff's Office

24 hours

Gorham Police Department

M-F 8:30-4:30 (except holidays)

Portland Police Department

24 hours

Scarborough Police Department

24 hours

South Portland Police Department

24 hours

Westbrook Public Safety

24 hours

Windham Police Department

M-F 8:00-4:00 (except holidays)



the
**Opportunity
Alliance**
Public Health Program

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