

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

Follow these **Five Easy Steps** to prevent drug misuse, accidental 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

*For tips on how to dispose of these items, visit:*

<http://drugfree.org/article/secure-dispose-of-medicine-properly/>

**Bridgton Police Department**

**Cape Elizabeth Police Department**

**Cumberland County Sheriff's Office**

**Cumberland Police Department**

**Falmouth Police Department**

**Freeport Police Department**

**Gorham Police Department**

**Maine State Police, Regional Center, Gray**

**Portland Police Department**

**Scarborough Police Department**

**South Portland Police Department**

**Westbrook Public Safety**

**Windham Police Department**

**Yarmouth Police Department**



**Public Health**  
Prevent. Promote. Protect.

**Portland Public Health Division**  
City of Portland, Health and Human Services Department

