WHY PROPER STORAGE MATTERS
• Keep medications safe and working properly
• Prevent taking the medication incorrectly
• Stop medications from getting into the wrong hands

HOW TO STORE YOUR MEDICATIONS
• Follow all specific instructions for each medication
• Keep in a cool, dry place (Do NOT store in the bathroom)
• Place away from light, heat, humidity, and air
• Store your medication in its original container
• Use childproof caps (unless non-safety caps are needed)
• Keep out of reach of children
• Do not allow others access to your medication
• Check expiration dates and dispose of expired medications properly

RECOMMENDATIONS FOR STORAGE OF CONTROLLED SUBSTANCES*
• The same as listed above AND
• Store in a locked cabinet, lockbox, or location with restricted access (out of sight)
• Keep track of how much medication you take and how much is left
• Do not share your medication

*A controlled substance is a medication regulated by law because of its medical use, potential for abuse and/or dependence, and safety issues.

RESOURCES:
https://www.nia.nih.gov/health/safe-use-medicines-older-adults
https://www.cdc.gov/patientsafety/features/medication-storage.html
https://www.cdc.gov/medicationsafety/protect/campaign.html

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