

# MEDICINE CLEAN OUT

Clean out your medicine cabinet.  
Look for leftover and old medicines.

**DON'T Flush it!**  
**DON'T Trash it!**  
**DON'T Share it!**  
**RETURN IT!**

**EVERYTIME...ALL THE TIME!**

Return unused medicine to your local  
pharmacy for safe, FREE disposal!

November is:

- National Senior Safety
- National Addiction Awareness



## FACTS:

- **18% of Ontario youth reported non-medical use of a prescription opioid pain reliever! 75% of these youth get the medication from home!**  
(CAMH: 2009 Student Drug Use Survey gr.7-12)
- **Certain medications can increase your risk of falling. Know your medications and the possible side effects. Talk with your pharmacist or health care provider.**

Need help with addiction? Call 1-800-721-3232