Preventing prescription drug abuse starts in your home. According to the U.S. Drug Enforcement Administration, more people die from over-the-counter and prescription drug abuse than from cocaine, heroin, and ecstasy combined. Safeguard your family by following these steps.

How to properly destroy your expired and unwanted medications at home

What You Will Need

- Expired and unwanted medications
- Zip baggie
- Hot water (over 110° F)
- Kitty litter

Steps to follow

1. Pour unwanted/expired medications out of their original containers into a zip baggie.

2. Pour hot water (over 110° F — about as hot as a cup of coffee) into the baggie.

3. Insert kitty litter into the baggie. Seal baggie. Place in trash bin.

Shred prescription labels or use a black marker to cross out label information.