

Be Mindful of Your Meds

Follow these

Five Easy Steps

*to prevent drug abuse,
poisoning, and pollution.*

1
Count your pills regularly to make sure pills are not missing.

2
Lock your medications in a safe place, out of sight of any visitors.

3
Use your medicines only as prescribed and never share prescriptions.

4
Ask your doctor if your medications may appeal to others for illegal or unintended use.

5
Dispose your unwanted medications in a "Big Green Box" at your local law enforcement agency.

Locations listed on the back.

Find a
Big Green Box
near you



Bath
Police Department
250 Water Street
Bath

Brunswick
Police Department
85 Pleasant Street
Brunswick

Sagadahoc
County Sheriff
752 High Street
Bath

Richmond
Police Department
26 Gardiner Street
Richmond

Topsham
Police Department
100 Main Street
Topsham

Please note that needles and syringes
are NOT ACCEPTED in the boxes.

For tips on how to dispose of these items, visit
accesshealthme.org/casa/prescription-drugs.



Sponsored by Access Health and Communities Against Substance Abuse
in collaboration with Mid Coast Hospital and local law enforcement.