

MedsMatter!



Safe disposal of unused opioid medications is an important part of addressing the opioid epidemic.

Mind Your Meds educates you about safe medication use and disposal to empower you to take action based on what you have learned.

The following are **4 easy steps** on how to safely use and dispose of opioids and other pain medications.

1. **Watch a short video** at www.seniornavigator.org/mindyourmeds
2. **Offer us your feedback** at the same link.
3. **Use what you learn** to safely dispose of unused opioids and other pain medications.
4. **Share this information** with your friends and family.

 **Health Quality Innovators**

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SeniorNavigator
A VirginiaNavigator Website



Fall is a **great** time to clean out your medicine cabinet



Turn in unneeded medication for safe disposal.

Saturday, October 26, 2024
10:00 AM - 2:00 PM

Keep them safe. Clean them out. Take them back.

Visit DEATakeBack.com for a collection site near you.

Use the next
"DRUG TAKE BACK DAY" to dispose
of unneeded medications properly.

Please share this with your community,
churches, family, and friends.

Scan the QR code with your cell
phone to visit the DEA website.
Then type in your zipcode to
find the closest collection site.



IDENTIFY

Do you have medicine to get rid of?

<https://bit.ly/3Tmj4ax>

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