



Be part of the solution.

Detach and put this home medicine inventory card in your medicine cabinet. Write down the name and the amount of medications you currently have and check to see that nothing is missing.

HOME MEDICINE INVENTORY CARD

OVER THE COUNTER MEDICINE

QUANTITY

PRESCRIPTION MEDICINE

QUANTITY

Insert date when you have reviewed your inventory each month.

JANUARY:	___/___/___	JULY:	___/___/___
FEBRUARY:	___/___/___	AUGUST:	___/___/___
MARCH:	___/___/___	SEPTEMBER:	___/___/___
APRIL:	___/___/___	OCTOBER:	___/___/___
MAY:	___/___/___	NOVEMBER:	___/___/___
JUNE:	___/___/___	DECEMBER:	___/___/___

PROPERLY DISPOSE OF OLD AND UNUSED MEDICATIONS

For guidelines on safe and proper disposal of medications, visit lockyourmeds.org and click on Tips.



Lock Your Meds® is a national campaign designed to reduce prescription drug abuse. Produced by National Family Partnership® (NFP), the campaign seeks to make adults aware of their potential to become “unwitting suppliers” to those who would abuse their prescription medications.