

# Take the American Medicine Chest Challenge... in 5 easy steps.



- 1** - Take inventory of your prescription and over-the-counter medicine.
- 2** - Secure your medicine chest.
- 3** - Safely dispose of your unused, unwanted, and expired medicine.
- 4** - Take your medicine exactly as prescribed.
- 5** - Talk to your children about the dangers of prescription drug abuse... they are listening.

**To find out more, visit...**

**AmericanMedicineChest.com**



Partnership for a Drug-Free New Jersey  
(Insert your Municipal Alliance Here)

in Cooperation with the Governor's Council on Alcoholism and Drug Abuse and the NJ Dept. of Human Services