



Where's the Nyquil when I need it?

Organizing your Medicine Cabinet

Instead of rummaging through your Medicine Cabinet in an emergency, you may want to take a few minutes and organize your medicine cabinet.

I find that it's helpful to have a few small baskets on hand or a few shoe boxes. These will help you corral your items.

Once you've emptied the cabinet. Place your items into categories that make sense for your family – use daily, use as needed, etc.

Use as needed – cough medicine, allergy, acetaminophen, and ibuprofen

Basket for Band-Aids, sprains,

Basket for ointments

Eye care

First Aid items

Hot water bottle and gel packs

Extra toiletries and hygiene products

If you take care of someone who takes a lot of medication, create a master medication list. You should document what the medication is and the dosage and when the person started taking it and it's a good idea to date the document. This can be helpful at the next upcoming doctor's appointment.

To safely dispose of your expired medication can call your local police station. Many of them have boxes where you can drop off your expired medication. Or, you can use this handy site for locating the drop off site nearest you. <http://www.awarerx.org/disposal-sites>

Happy Organizing!

Your local professional organizer,

Betty Huotari

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