

Spring Cleaning –Start with your Medicine Cabinet



Most household medicine cabinets contain expired and partially used medications, which pose a poison risk to children. The curiosity of children five and younger can lead them to get into medicine that looks like candy. Teens looking to abuse drugs can find prescription pain pills, sedatives and cough and cold preparations at home. Last year, Rocky Mountain Poison Center (RMPC) received nearly 55,000 calls regarding a child age five or younger being exposed to poison. During 2010, RMPC received almost 11,000 calls about teens abusing drugs that can be found in medicine cabinets.

You can prevent poisonings in your loved ones by cleaning out your medicine cabinet and practicing the following:

- ✓ Keep all medicine locked up out of site of young children.
- ✓ A tackle box with a lock can be used for medicine storage.
- ✓ Be sure to take the entire course of medications as prescribed.
- ✓ If your doctor tells you to stop the drug before the end of the treatment period, be certain to discard the remaining medicine.
- ✓ Return medicine to safe storage (child-resistant caps are not child-proof).
- ✓ Discard expired and unused medicine at the upcoming **Drug Enforcement Agency (DEA) Medication Take Back Event on Saturday, April 30th from 10 am – 2 pm.**
- ✓ Find a disposal site near you at www.DEA.gov or call **CO HELP 1-877-462-2911.**
- ✓ If unable to take part in the event, dispose of your medicine by mixing them with an undesirable substance such as used cat litter or coffee grounds prior to disposing of them in the trash.

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Save \$\$\$\$ and mix your own less toxic cleaning solutions!

ALL-PURPOSE CLEANER

2 cups white distilled vinegar

2 cups water

20-30 drops essential oil (optional)

Warming in microwave until barely hot will boost cleaning power for tough jobs.

Only microwave in a glass container

GENTLE WINDOW CLEANER

3 teaspoons liquid soap

$\frac{3}{4}$ cup white vinegar

$\frac{1}{2}$ teaspoon baking soda

Combine all ingredients in a spray bottle. Shake well before using.

DRAIN OPENER

1 cup salt

1 cup baking soda

$\frac{1}{2}$ cup vinegar

Pour the 3 ingredients down the drain. Let sit 15 minutes and flush with 2 quarts boiling water.

LIQUID DISH SOAP

22 oz. liquid castile soap

30 drops essential oil of your choice

Combine the 2 ingredients. Citrus oils are super degreasers.

LAUNDRY DETERGENT

$\frac{1}{2}$ cup baking soda

$\frac{1}{2}$ cup powdered castile soap

$\frac{1}{4}$ cup washing soda

$\frac{1}{4}$ cup borax

Mix ingredients well. Use $\frac{1}{2}$ cup per load.

FABRIC SOFTENER

Add $\frac{1}{2}$ cup white distilled vinegar to rinse cycle of your washer.

Use wool dryer balls in your dryer to fluff up clothes and absorb static.

SOFT SCRUB (stoves, bathtubs, tile, and other tough jobs)

2 cups baking soda

$\frac{1}{2}$ cup liquid castile soap

4 teaspoons glycerin

(preservative)

5 – 10 drops lavender or tea tree essential oil

Mix together and store in a sealed glass jar; shelf life of 2 years. For exceptionally tough jobs, spray with vinegar first. Let sit and follow with scrub.

