

Medicine Cabinet Checklist

PURGE!

- REMOVE OLD AND EXPIRED ITEMS
- REMOVE EMPTY CONTAINERS
- REMOVE ITEMS NO LONG WANTED/NEEDED

CREATE A MEDICINE AREA

- KEEP THE COLD AND FLU MEDICINE TOGETHER
- STORE EXTRA MEDICINE IN THE BACK

MAKE A BIN FOR EACH PERSON

- LABEL BIN WITH THE PERSON'S NAME
- KEEP THEIR ITEMS IN THE BIN SO NO CONFUSION HAPPENS

KEEP TRACK OF WHAT YOU HAVE

- MAKE A LIST OF EVERYTHING IN THE CABINET
- WHEN YOU RUN OUT, PUT THAT ITEM ON THE LIST