Follow the doctor’s orders and prescription instructions as directed.

Protect your life and your career.
Use prescription drugs the right way:

1. Take correctly.
   - Follow the doctor’s orders and prescription instructions as directed.

2. Report promptly.
   - Ensure that both Navy Medical and your command are aware of your current prescriptions.

3. Dispose properly.
   - Place unused meds in a small plastic bag filled with water and used coffee grounds and throw the bag in the trash. Cross out personal information on your prescription labels.

4. Never share.
   - Never share your prescriptions with a friend or shipmate.

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