CHECKLISTS

# How to Organize Your Medicine Storage

Work at your own pace. Tick off what you finish and leave the rest for another session.

Date: _____ | 10 tasks

Use a product suited to the surface and follow its label. Never mix cleaning products. Keep them away from children and pets.

## 01 / Steps to organize medicine

- [ ] Gather medicines without removing their labels
- [ ] Check expiry dates and set aside unwanted medicines
- [ ] Discard empty packaging only when no labels or instructions are needed
- [ ] Group medicines by type
- [ ] Keep each person’s medicines clearly identified
- [ ] Label storage sections without obscuring product labels
- [ ] Keep regular medicines accessible to adults and out of children’s reach
- [ ] Check whether any regular supplies need refilling
- [ ] Wipe and dry the shelf or storage box
- [ ] Follow each medicine’s storage instructions and ask a pharmacist about disposal

## Notes & next steps

## Continue in the Tidy app

cleaning-schedule.app/en/#download