

How to properly dispose ? of MEDICATIONS



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Once it was common practice to flush these medications down the toilet. Please don't flush! Drugs that are flushed down the toilet may pass through sewage treatment plants and septic tanks. These substances are released into waterways with the waste water which can lead to adjacent soil and ground water. Similarly, septic tanks systems may release the pharmaceuticals directly into the soil and eventually into the groundwater. Proper disposal of drugs is a straightforward way for individuals to prevent pollution.

Properly disposing of unwanted and expired prescriptions and over-the-counter medications in the trash promotes a healthy aquatic environment and prevents accidental poisoning and intentional abuse.

The "DrugTake-Back" program allows the public to bring unused drugs for proper disposal

Drug take-back programs for disposal is a good way to remove unwanted or expired medicines from the home and reduce the chance that someone may accidentally take the medicine. You can also talk to your pharmacist to see if they receive unused and expired medications.

The San Diego County Sheriff's Department in partnership with Board of Supervisors Chairwoman Pam Slater-Price, the Oxy Task Force of San Diego County and County of San Diego Health and Human Services Alcohol and Drugs Agency (HHS) has been hosting several "take-back days" at several sites throughout the county. At each location there were also available drug prevention and treatment professionals to answer any questions.

To learn more about drug prevention and treatment resources in San Diego County, and The Prescription drugs Abuse Task Force of San Diego County call the toll-free hotline (877) 662-6384.

San Diego's Sheriff's Department announced the installation of secure collection drop-boxes at several Sheriff's facilities. Community members are now welcome to come to any of the facilities listed below where unwanted medi-

> Follow any specific disposal instructions on the drug label or patient information that accompanies the medication.

> If no instructions are given, take them out of their original containers and mix them with an undesirable substance, such as used coffee grounds or kitty litter. The medication will be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash.

> Next, put them in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag. That's it!



cations may be turned in anonymously. For more information about the Safe Prescription Drug Drop-Off program please call any sheriff station or visit: www.sdsheiff.net/oxycontin/dropbox.html

OTHER RESOURCES:

- For more information about Take-back Program you could call the San Diego DEA office at (858) 616-4100 or visit www.dea.gov

For more information about unused drugs proper disposal

- City of San Diego Household Hazardous Waste www.sandiego.gov
- Division of Drug Informa-CDER) Human Drug Information 1-888-INFO-FDA (1-888-463-6332), or (301) 796-3400, or druginfo@fda.hhs.gov
- www.WhiteHouseDrugPolicy.gov

To learn more about prescription drug abuse

- getsmartaboutdrugs.com
- justthinktwice.com

To learn more about drug abuse

- drugfree.org and • The anti-drug.com

You can make a difference! Children, pets or scavenging animals could find the medication and ingest it. Drugs could be scavenged and illegally sold. Take action to minimize the threat of accidental poisoning or drug abuse. Let's take precautions now to avoid harm to future generations and the environment. Your participation is appreciated!

Parents who believe their child may have a drug problem should call toll-free

County's Access and Crisis Line
at 1-800-479-3339



If someone has overdosed and is unconscious, not breathing, or having seizures, call 911 right away. Otherwise, call the Poison Center at 1-800-222-1222.

The information of this article is based on the new federal guidelines from the White House, EPA and FDA for the proper disposal of unused, unneeded, or expired prescription drugs. The information is available in Spanish. The Spanish translation was made by SaludHealthInfo.com