

For More Information:

- Office of National Drug Control Policy
http://www.whitehousedrugpolicy.gov/publications/pdf/prescrip_disposal.pdf
- Pharmaceuticals and Drinking Water:
Massachusetts Water Resources Authority
<http://www.mwra.com/04water/html/pharmaceuticals.htm>
- U.S. Environmental Protection Agency:
<http://www.epa.gov/ppcp/faq.html#regulatelated>

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Material adapted from:
Massachusetts Department of Environmental Protection
National Institute on Drug Abuse - NIH Publication # 05-4881
Picture: <http://prairierivers.org/articles/2009/06/illinois-legislature-passes-bills-for-safe-pharmaceutical-disposal/>

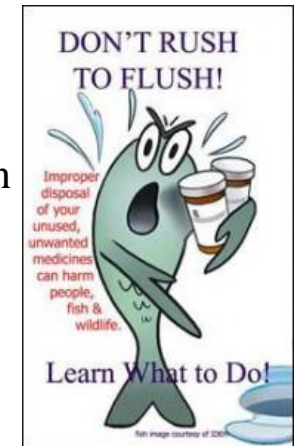
Got Meds?

Dispose of Them Safely

Promote a healthier home and community environment by disposing of unused or expired medications safely.

Did you know?

- Teens report the most common source of prescription drugs is from the medicine cabinets of their friends and families.
- Medicines poured into water sources such as sinks and toilets contaminate the environment.



DROP OFF YOUR UNWANTED MEDICATION 24/7

Somerville has two Kiosk located at the Public Safety Building. One is for medications (except liquids) the other for sharps such as hypodermic needles.

Kiosk are located in the lobby of the:

**Public Safety Building
220 Washington Street
Somerville, MA 02143**

SCAP
Office of Prevention



Public Health
Prevent. Promote. Protect.

Concerns About Prescription Medicines

Many prescription and over the counter drugs if used improperly can lead to addiction; adverse health effects and even death.

- **Risk to Teens:** In a national survey 2500 youth reported getting access to drugs from their friends and families medicine cabinets. According to the National Survey on Drug Use and Health, prescription drug use is on the rise. Teens, women and older adults are at highest risk.
- **Risk to Older Adults:** Person's age 65 + comprise only 13% of the population, however this group accounts for approximately 1/3rd of all prescription medicines. Due to receiving multiple and long-term prescriptions, there is increased risk for prescription misuse and drug abuse. Also of concern are risks associated with over counter medications and supplements which can cause adverse health risks specifically associated with the elderly due to changes in metabolism that occur with age. Always consult your doctor when adding a new medication or supplement.
- **Risks to the Environment:** Unwanted medications have traditionally been flushed down the toilet or poured down a drain. While this removes them from your house quickly, it is not environmentally friendly: the medications travel through wastewater to treatment plants and septic systems, and from there into our groundwater, rivers, ponds and streams. Research has detected low concentrations of medications in our waterways. Even at very low concentrations, some medications have affected fish and other aquatic life; causing developmental and reproductive problems in fish and shellfish.

Guidelines for Proper Disposal

Medication in Bottles

- Remove or scratch out any personal information or conceal it (black it out with a permanent marker). Leave the name of the medication visible.
- Place unwanted medication, with the exception of liquids, in a zip-lock bag and drop in the Kiosk at the public safety building.

Liquids

- CAN NOT be disposed of at the Kiosk.
- Instead pour liquids into a zip lock bag and mix with inedible material such as coffee grinds; kitty litter or saw dust. Seal bag and place in regular garbage.

Sharps

- Place needles in a secure container such as a coffee can or laundry detergent bottle.
- Once contained, needles can be dropped off at the Sharps Kiosk located at the public safety building.