

DON'T FLUSH YOUR DRUGS!



Flushing drugs down the toilet is the least desirable of all disposal alternatives. Scientific studies show the chemicals in many drugs can harm aquatic life. Wastewater treatment facilities are not equipped to remove all traces of pharmaceutical chemicals. If you flush your drugs, a portion of those contaminants will reach local waters.

QUESTIONS?

For additional information about safe pharmaceutical disposal, please call
1-800-646-1431
or visit
www.centrcalsan.org

Central Contra Costa Sanitary District's pharmaceutical collection program is provided in partnership with the Contra Costa County Office of the Sheriff, the Cities of Walnut Creek, Clayton, Martinez, Moraga, and Orinda; the Central Contra Costa Solid Waste Authority; and Allied Waste Services of Contra Costa County.

HOW TO SAFELY DISPOSE OF UNWANTED MEDICATIONS



- **Keep pollutants out of our water**
- **Prevent accidental poisonings**
- **Reduce drug abuse**

HAVE YOU CHECKED YOUR MEDICINE CABINET LATELY?



If you're like most people, you have accumulated quite a collection of prescription and over-the-counter medications—many of which are no longer needed or have expired. Disposing of unwanted medications properly will help to protect your family, your community, and your environment.

- Many children and the elderly are victims of accidental poisonings due to medications in the home.
- More teens abuse prescription and over-the-counter drugs than any illicit drug except marijuana.
- Recent studies have found traces of medications in water samples from 30 states. Research has linked pharmaceutical pollutants to reproductive defects in fish, resistance to antibiotics and the development of drug-resistant germs.

HOW TO SAFELY DISPOSE OF UNWANTED MEDICATIONS

Due to legal restrictions, the Household Hazardous Waste Collection Facility in Martinez does **not** accept medications. Please use the following disposal methods, instead.

1. Check with your pharmacy to see if it offers a take-back program for your non-controlled (non-narcotic) drugs.
2. To dispose of unwanted medications, pour pills into a quart-size sealable plastic bag (recycle the empty containers as appropriate); liquids should be left in their bottles, but still put into a sealed plastic bag to prevent leakage. Dispose of your medications at one of these locations:

- Sheriff's Field Operations Building
1980 Muir Road, Martinez
- County Regional Medical Center
2500 Alhambra Ave., Martinez
- Walnut Creek Police Department, City Hall
1666 North Main St., Walnut Creek
- City of Clayton, Police Department, City Hall
6000 Heritage Trail, Clayton
- City of Martinez, Police Department, City Hall
525 Henrietta Street, Martinez
- Town of Moraga, Police Department
329 Rheem Blvd., Moraga
- City of Orinda, Police Department, City Hall
22 Orinda Way, Orinda
- City of Pleasant Hill, Police Department
330 Civic Dr., Pleasant Hill



Do **not** dispose of syringes or needles with medications.

Seal bottled liquids in a plastic bag to prevent spills.

3. If you are unable to take your medications to one of the above drop-off locations, **AS A LAST RESORT** you may put them in the trash:

- Take them out of their original containers
 - Put them in a sealable container (plastic bag or coffee can)
 - Mix in a little water and an undesirable substance (such as used coffee grounds or kitty litter)
 - Seal the container; put it in the trash
 - Black out personal information from prescription labels before putting medication containers in the recycling bin or trash
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