

# PROTECT OUR DRINKING WATER: KEEP MEDICATIONS OUT OF WATERWAYS

**P**revent potentially harmful ingredients from medications from making their way into our water sources. Dispose of medicine properly. Together, we can protect our drinking water sources and preserve the natural environment.

## 4 WAYS TO KEEP PHARMACEUTICALS OUT OF OUR WATERWAYS

1

**USE DRUG TAKE-BACK PROGRAMS.**

Held at local police stations and operated through the Drug Enforcement Agency, these events occur annually in the spring or fall. Some local government agencies and pharmacies, like CVS, also host drug take-back programs.



2

**BE CAREFUL ABOUT HOW YOU THROW MEDICATIONS INTO THE TRASH.**

If you put them in the trash, remove them from the packaging, crush them, and seal them in a plastic bag with some water. Add sawdust, cat litter, coffee grounds, or some other unappealing material to the bag. (This is to cut down on the chances that a child or animal might eat the contents.) Peel off any identifying information from containers of prescription medicine.



3

**LIMIT BULK PURCHASES.**

Volume discounts make the price attractive, but big bottles of unused pills create an opportunity for medications to end up in the water. It's estimated that one half of all medications – both prescription and over the counter – are discarded.



4

**DO NOT FLUSH UNUSED MEDICINES OR POUR THEM DOWN THE DRAIN.**

Medications thrown into the trash end up being incinerated or buried in landfills, which is preferable to flushing them or pouring them down the drain.

