**Health & Wellness Committee Tip of the Month**

**How to Dispose of Expired or Unwanted Medication**

There are proper and improper ways of disposing of medication, and it’s essential that you follow the proper procedure in order to avoid unwanted harm to others.

• • • Do not throw the drugs and container in the trash! They can be found by other people and can harm them, or even cause trouble for you if your name is still on the bottle. • • •

Flushing drugs down the toilet or throwing them in the trash is not advisable, as both pose potential safety and health hazards.  All medication should be disposed of in the most environmentally safe manner, which is through a venue which will ultimately incinerate the drugs. Here are some options:

Take your unused pharmaceuticals to a collection facility:

* Redondo Beach hosts a twice annual “Drug Take Back Event” - the next is scheduled for March
* Both Hermosa Beach and Manhattan Beach Police Departments have secure drop boxes
* TheHyperion T**reatment Plant SAFE Collection Center** in Playa del Rey is open Saturday and Sunday 9:00 AM to 3:00 PM

Mixed disposal:

* Empty the contents of a medication bottle and mix them with unpalatable substances such as like dirt, kitty litter, fertilizer or used coffee grounds
* After mixing, place the mixture in a sealed plastic bag and dispose of it properly in the trash
* This allows the drugs to decompose over time, and also disperses them enough so that recovery by anyone else is highly unlikely

Important: Be sure to remove the label off from the medication container and discard it.

It is not difficult to properly dispose of medications; it just takes a little bit of diligence and attention.

For more information, visit [www.redondochamber.org/health--wellness-events.html](http://www.redondochamber.org/health--wellness-events.html) or call

(800) 98-TOXIC or (800) 988-6942.

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