

campaigns to raise awareness of this real problem. The general rule to follow is “**don’t flush any personal hygiene products other than toilet paper.**”

## Drugs and Medications

The US Food and Drug Administration states that disposal by flushing down the toilet is not advised for most drugs because of concerns that trace amounts of drugs can end up in the water supply and in rivers and lakes. That means potentially into the food chain, and ultimately into you and me. Not only humans can be affected. For example, a recent study found that fish whose brains held trace amounts of human anti-anxiety drugs were less effective at seeking shelter from predators. Antibiotic waste, which is associated with antibiotic-resistant bacteria, is also a problem in the wild. The best solution is to bring unwanted pharmaceuticals to a designated drug collection drop off point. Alternatively, you may discard some drugs in household trash after first making them difficult to recover by children, pets, or other seeking drugs. You can do this first by mixing pills or tablets with coffee grounds, kitty litter, dirt, or sawdust, then placing them in a non-leaking container such as a sealable plastic bag before placing them in the regular trash. But they may eventually land up in a landfill and return to the environment anyway. So it’s best to bring them to bring the unwanted drugs to and approved collection point.

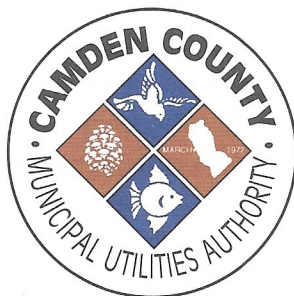
New Jersey’s Project Medicine Drop Program (**800-242-5846**) has placed secured drop boxes in the headquarters of local police departments. Consumers from anywhere in New Jersey can visit these boxes seven days a week, to drop off unneeded and expired medications and keep them away from those at risk of abusing them. [www.njconsumeraffairs.gov/meddrop](http://www.njconsumeraffairs.gov/meddrop)

The Camden County Board of Freeholders’ **Addiction Awareness Task Force** aims to provide a safe, convenient, and responsible means of disposing prescription drugs. No longer needed or outdated prescription drugs in homes are the same drugs that have unfortunately become the target of theft and misuse, oftentimes by people who have access to the residence. America’s 12 to 17 year-olds have made prescription drugs the number one substance of abuse for their age group, and much of that supply is coming from the medicine cabinets of their parents, grandparents, and friends. Help us end medicine abuse by disposing of unneeded prescription drugs at a drug drop box near you. The web site list local police departments that provide drop boxes for unneeded or expired drugs:

[www.camdencounty.com/service/mental-health-and-addiction/addiction-awareness-task-force/](http://www.camdencounty.com/service/mental-health-and-addiction/addiction-awareness-task-force/)

## More Information

To learn more about the problem, visit the CCMUA’s education web page: [www.CCMUA.org](http://www.CCMUA.org)



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Making It Better, Together.

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