

**MARCH IS THE AWARENESS MONTH FOR SEVERAL MEDICAL  
CONDITIONS: LET'S TALK ABOUT  
SAFE DISPOSAL OF UNUSED PRESCRIPTIONS**

Safe disposal of medicines is relevant to everyone's personal health safety. Safe Drug Disposal NW is raising awareness about the potential impact from improperly disposed medications and proactive guidance through proper disposal alternatives.

The effort is raising awareness across the Northwest with public service announcements on local radio stations. The effort has also partnered with D.A.R.E. to spread the word to teens and their parents.

**YOU** can take a few small steps to make a huge impact in safeguarding lives and even keeping our water clean by disposing of unused medicines properly. Disposing of medicines in household trash can ensure that unused medicines are not collected in a way that might increase the opportunity for misuse and can **Keep our Kids Safe**.



**KEEP UNUSED MEDICINES OUT OF THE  
WRONG HANDS**

Properly disposing of unused medications by **NOT** flushing them or **NOT** pouring them down the drain is one small step we can take to ensure that people do not obtain unused medications or personal information found on discarded prescription bottles. One simple way we can combat this threat is to make sure medicines are disposed of safely.

**SAFE DISPOSAL IS QUICK AND EASY:**

- ?? Don't flush them!
- ?? Make medicines inedible by mixing them in a sealable plastic bag with coffee grounds, kitty litter or sawdust, and water.
- ?? Seal it in a bag.
- ?? Throw in your garbage.
- ?? Shred or tear up prescription information.

For more information, visit [www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm](http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm)

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March 2010 - Happy St. Patrick's Day!

**New medical Walk-In  
No Appointment necessary!**

**1800 Cooks Hill Road, Suite F  
Hours: Noon - 10:00 p.m.  
7 days a week - closed holidays  
360-736-3042**

**Other Valley View Health Center  
Clinic Locations:**

**2690 NE Kresky, Chehalis  
(360) 330-9595  
Medical, Dental and Mental Health**

**Morton Dental Clinic  
(360) 496-5101**

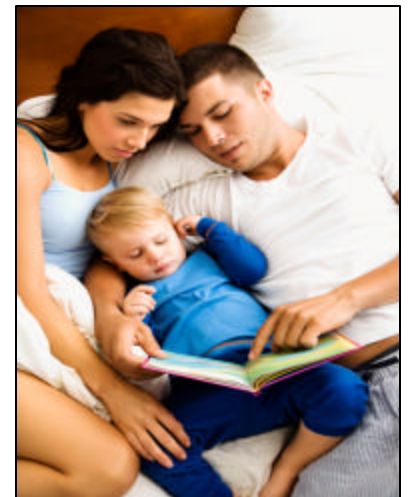
**Onalaska (360) 978-6600  
Medical**

**Raymond (Pacific County)  
(360) 942-3040  
Medical and Dental**

**Toledo (360) 864-4400  
Medical**

**Winlock (360) 785-9400  
Medical**

Visit [www.vvhc.org](http://www.vvhc.org)



If you would like to be added to our emailing list or have questions please contact [rbryan@vvhc.org](mailto:rbryan@vvhc.org).