

Ripple Effect # 61 - Disposing of Medications Safely

Some people have taken to flushing unused medications. Seems like a good way to get rid of unwanted medications and to insure that no one will accidentally ingest them.

But – you’ve probably heard it on the news – these medications are getting into our waters. It appears that wastewater treatment plants are not designed for the amount of excess medications being released into wastewater – so even though the waters are treated before they are released for the next user, low dosages of the medications remain!

We already know that the current levels of medication in some river waters can hurt fish and other aquatic life. And when humans use that water, they may be unintentionally exposed to stray medicinal chemicals.

So what can we do? First, we can ask our pharmacy if they accept unwanted or outdated medications. Second best, we can “seal and conceal,” that is, seal the medicine bottle with strong tape, then conceal it in a carton for disposal in the garbage.

Proper disposal will help keep our waters safe!

This Ripple Effect is brought to you by the Red River Basin Commission.