

# — KNOW — THE RISKS

Commonly misused and/or abused prescription medications include the following:

## OPIOIDS

Opioids are a class of highly addictive drugs that include heroin, synthetic opioids, and pain relievers. Common brand names: Vicodin, Oxycontin, Percocet, and Dilaudid.

## BENZODIAZEPINES

Benzodiazepines are tranquilizers prescribed for anxiety. Mixed with other substances such as opioids and alcohol they can be deadly. Common brand names: Valium, Xanax, and Ativan.

## OTHER COMMONLY MISUSED DRUGS

These include stimulants like Adderall, and cough syrup.

## PROPER USE & DISPOSAL — OF PRESCRIPTION PAIN MEDICATIONS — REDUCES ABUSE & MISUSE

### DO

**Lock up all medications,** especially opioids, to make them less accessible to children, pets, and potential theft.

### DO NOT

**Give them to friends.** Doctors prescribe drugs based on a patient's specific symptoms and medical histories. A drug that helps you may harm someone else.

**Flush them into the water supply.** This causes risk to the environment and may affect the health of others.

# — YEAR-ROUND — SAFE DRUG DISPOSAL LOCATIONS

To dispose of unwanted medications, put pills and liquids in their original packaging into a quart-size sealable plastic bag.

## SHARPS & PHARMACEUTICAL WASTE

**Mill Valley** | Walgreens | 227 Shoreline Hwy  
**Novato** | Kaiser Permanente | 97 San Marin Dr  
**San Anselmo** | Jack's Drug Store | 121 Tunstead Ave  
**San Rafael** | Kaiser Downtown Offices | 1033 Third St  
**San Rafael** | Kaiser Medical Center | 99 Montecillo Rd

## PHARMACEUTICAL WASTE ONLY

**Greenbrae** | CVS Pharmacy | 330 Bon Air Shopping Ctr  
**Mill Valley** | CVS Pharmacy | 759 Blithedale Ave  
**Novato** | CVS Pharmacy | 2035 Novato Blvd  
**Novato** | CVS Pharmacy | 1707 Grant Ave  
**San Rafael** | CVS Pharmacy | 442 Las Gallinas Ave  
**San Rafael** | CVS Pharmacy | 909 Grand Ave  
**San Rafael** | Marin Medical Pharmacy | 750 Las Gallinas Ave  
**San Anselmo** | CVS Pharmacy | 880 Sir Francis Drake Blvd  
**Sausalito** | CVS Pharmacy | 150 Donahue St  
**Tiburon** | CVS Pharmacy | 1599 Tiburon Blvd

## LAW ENFORCEMENT DROP OFF

**Belvedere** | Belvedere Police Department | 450 San Rafael Ave  
**Kentfield** | COM Police Department | 700 College Ave | Village Square 1  
**Larkspur** | Central Marin Police Authority | Larkspur Stn | 250 Doherty Dr  
**Mill Valley** | Mill Valley Police Department | One Hamilton Dr  
**Novato** | Novato Police Department | 909 Machin Ave  
**Ross** | Ross Police Department | 33 Sir Francis Drake Blvd  
**San Anselmo** | Central Marin Police Authority | 525 San Anselmo Ave  
**San Rafael** | Marin County Probation | 3501 Civic Center Dr | Room 259  
**San Rafael** | San Rafael Police Department | 1400 Fifth Ave  
**San Rafael** | Sheriff's & Coroner's Office | 1600 Los Gamos Dr, Ste 205  
**Tiburon** | Tiburon Police Department | 1155 Tiburon Blvd

**Not accepted:** Herbal remedies, supplements, cosmetics, personal care products, compressed cylinders, aerosols, inhalers, medical devices, syringes and sharps, illicit drugs and iodine-containing medications

FOR ADDITIONAL LOCATIONS  
& TAKE-BACK EVENTS VISIT  
[rxsafemarin.org](http://rxsafemarin.org)

FOR MAIL-BACK SERVICES  
VISIT  
[med-project.org](http://med-project.org)

SAFE  
DISPOSAL  
OF  
PRESCRIPTION  
MEDICINES

SAVES  
LIVES

Rx SAFE  
MARIN

# UNDERSTAND THE ISSUE

Improper disposal of unused prescription drugs can cause a multitude of health, safety, and environmental risks.



## ENVIRONMENTAL DAMAGE

Most wastewater treatment facilities cannot filter out drugs from the water supply. Medicines that enter the environment can have a negative impact on the water quality and wild animals.



## SAFETY RISK

The presence of prescription drugs can make your home a target for a burglary or home invasion.



## INTENTIONAL MISUSE

Prescription drugs can be intentionally misused to get high. Teens who start using drugs are more likely to develop chronic substance abuse disorder than adults.



## HEALTH RISK

Keeping drugs in the home beyond when they are needed poses health risks. Expired drugs may not only be ineffective, but they can be harmful to the user. Sharing medicine is illegal and can have dangerous health consequences.



## ACCIDENTAL USE

Accidental drug overdose is one of the most common sources of household injury for people and pets.

**4.19 BILLION PRESCRIPTIONS WERE FILLED IN THE US IN 2018**

**30% WENT UNUSED**

# SIMPLE WAYS TO BE PART OF THE SOLUTION

Opioid abuse and misuse is a public health concern that costs lives and money.



## TALK

Communicate with your loved ones. Make it clear that you keep an eye on your prescription drugs and that you have asked relatives and friends to do the same.



## MONITOR

Keep track of medications. Keep an inventory of the prescription and over the counter medications in your home and keep all of them in one place.



## SECURE

Store medications securely. Store your medications safely out of reach of children and pets and out of sight to others. Use child-proof latches, cabinet or drawer locks, or a lock box.



## DISPOSE

Dispose of expired and unwanted drugs promptly and correctly. This keeps them from falling into the hands of anyone who might abuse them.

TO LEARN MORE & BE PART OF THE SOLUTION  
**visit [rxsafemarin.org](http://rxsafemarin.org)**



# ENVIRONMENTAL IMPACT

Pharmaceuticals are being detected in the environment and are having a detrimental impact.

Even in small concentrations, these compounds could negatively impact human and animal health. Sewage treatment plants are not designed to clean drugs out of water. These chemicals can be released into streams, lakes, and groundwater.



## HOW CAN I REDUCE THE QUANTITY OF UNWANTED MEDICINE IN MY HOME



## USE AS PRESCRIBED

Take medication only as prescribed to you. Talk to your doctor about the quantity you actually need so overprescription is avoided.



## NO SURPLUS

Immediately dispose of surplus medication if not all is used. This is especially important with opioids, as more are often prescribed than needed.



## DON'T FLUSH

Do not flush pills or liquid medication down the toilet or drain.



## SAY NO

Say no to physician samples if you are not going to use them.