



Use Your Brain Before Pouring Anything Down the Drain



For more information

Upper Valley Lake Sunapee Regional Planning Commission

10 Water Street, Suite 225
Lebanon, NH 03766
(603) 448-1680
www.uvlsrpc.org

UVLSRPC is an equal opportunity provider and employer

Special thanks to the

Indiana Department of Environmental Management

This material is based upon work supported under a grant by the Rural Utilities Service, US Department of Agriculture. Any opinions, findings, conclusions or recommendations expressed in this material are solely the responsibility of the authors and do not represent the official views of the Rural Utilities Service.



Stop!

I Don't Trash Your Home So Don't Trash Mine!

Use Your Brain Before Pouring Anything Down the Drain

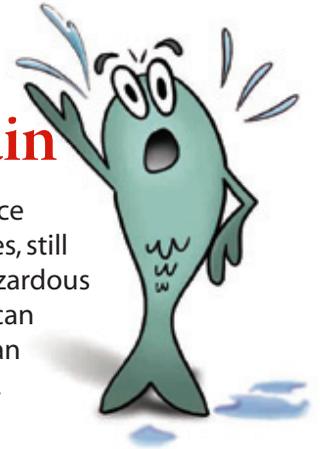
Whether your home is hooked up to a *public wastewater system* or an individual *septic system*, *everything* you pour down the drain goes through a treatment process. *Neither* type of system is designed to handle hazardous waste or to remove all chemicals or medicines. Some hazardous materials can seriously damage either system.

Your local wastewater treatment plant and individual septic systems are designed to treat human wastes and dirty water from household activities such as bathing, showering, laundry, and dishwashing. Once treated, the water is released from a wastewater treatment facility into a river, lake, or stream in your community. Septic systems release treated water into the ground where it combines with

our drinking and surface water. These discharges, still contaminated with hazardous waste and medicines, can potentially harm human health and aquatic life.

So, before you flush, pour, or dump anything into a toilet, sink, or household drain, think about what it might do to your treatment system, the environment, and our bodies.

Visit hhw.uvlsrpc.org to view a schedule of household hazardous waste collections, including collection of *unwanted medicines*. *Unwanted medicine collections* are provided by the Dartmouth-Hitchcock Outpatient Pharmacy.



Guidelines for Mercury

Dispose of mercury containing products safely.

Fever thermometers and fluorescent lights (long tubes & compact fluorescent lights) are the most common household items containing mercury.

- Identify other items containing mercury in your home, such as, thermostats, switches, and many button batteries in toys, greeting cards, shoes, and hearing aids.
- Thermometer mercury is silver;
 - Red is non-hazardous colored alcohol.
- Properly manage a mercury spill. Check out the A to Z "What Do I Do With This" page at: hhw.uvlsrpc.org
 - Do not vacuum mercury and do not dispose of it in the sink.
 - Do follow the mercury spill guidance.
 - Do follow the fluorescent bulb cleanup guidance.
 - Do call: NH DES Pollution Prevention at: 1-800-273-9469
- Contact your town to see what mercury-containing devices they regularly collect.

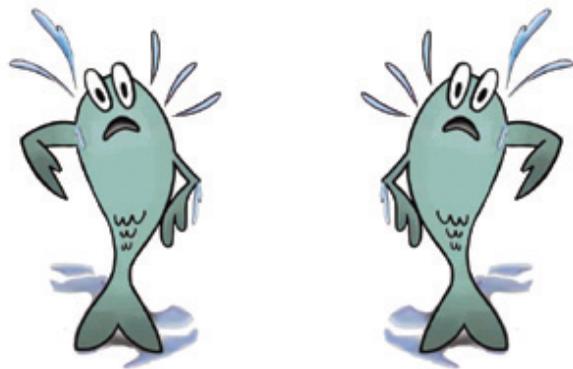


Guidelines for Unwanted Medicines

Keep all medications (liquids and solids) out of the water supply.

Do not dispose of unwanted medications by pouring them down a drain or flushing them down a toilet. Improper disposal can affect our health and environment.

- For disposal guidance and the current Household Hazardous Waste and Unwanted Medicine Collection Schedule, **Visit:** hhw.uvlsrpc.org
- Several towns and cities have installed drop boxes at their police stations for unwanted medicine. Check with your town to see if they have a drop box. These are available whenever the police station is open.
- Some drug stores sell Safe Medication Disposal Program envelopes to mail in unwanted or expired medicines for proper disposal. These are for “non-controlled medicines.” Check with your pharmacist to make sure you are only including “non-controlled medicines” (no “street” value and non-addictive).



Guidelines for Household Chemicals

Household products that contain hazardous substances become household hazardous waste (HHW) once the consumer no longer has a use for it and disposes of it.

- **When in doubt, don't pour it out.**
 - Refer to the household hazardous waste disposal chart contained in this brochure.
 - Contact your town or visit our web-site for disposal guidance, the current Household Hazardous Waste Collection Schedule, and non-toxic alternatives to commonly used products. **Visit:** hhw.uvlsrpc.org
- Purchase only the amount of household chemicals necessary to avoid the need for disposal.
- Clean like your great grandparents with white vinegar and baking soda. Check out the “Alternative Cleaning Recipes” at hhw.uvlsrpc.org.



Household Hazardous Waste Disposal Chart

Safe Disposal Guide

Bathroom

Aftershave, cologne (alcohol based)	●		
Bathroom cleaners			●
Disinfectants			●
Hair dyes, relaxers, and perm solutions			●
Medicine <i>(only use trash if NO collections or police drop box)</i>		●	●
Nail polish			●
Nail polish remover			●
Thermometers (with silver mercury)			●
Toilet bowl, tub, and tile cleaners			●

Garage/Workshop

Antifreeze <i>(check service stations and town facilities for recycling)</i>			●
Auto body filler		●	
Batteries, auto <i>(check service stations and town facilities for recycling)</i>			●
Brake fluid			●
Car wax with solvent			●
Diesel fuel			●
Fuel oil			●
Gasoline			●
Glue/Adhesives (solvent-based)			●
Glue/Adhesives (water-based)		●	
Kerosene			●
Metal polish with solvent			●
Mineral spirits			●
Motor oil is NOT accepted at HHW collections <i>(check service stations and town facilities for recycling)</i>			●
Paint, latex-dried hard. <i>(to dry wet paint - mix with kitty litter, sawdust, and/or shredded paper; recycle empty cans)</i>		●	
Paint, oil based			●
Paint, auto			●
Paint brush w/solvent or TSP (Trisodium Phosphate) cleaner			●
Paint thinner			●
Paint stripper			●
Primer			●
Rust remover			●
Switches (potentially containing mercury)			●
Transmission Fluid			●
Turpentine			●

Safe Disposal Guide

Garage/Workshop

Varnish			●
Windshield washer solution			●
Wood preservative			●

Garden

Fungicide			●
Herbicide			●
Insecticide			●
Pesticide			●
Rat and mouse poisons			●
Weed killer			●

Here/There

Ammunition				<i>(Contact your Police Department)</i>
Batteries, alkaline (Non-Hazardous)			●	
Batteries (Hazardous)				●
Batteries, rechargeable (some towns have collections)				●
Dry cleaning solvents				●
Fiberglass epoxy				●
Gun cleaning solvents				●
Lighter fluid				●
Moth balls				●
Photographic chemicals				●
Septic tank degreasers				●
Shoe polish				●
Smoke alarms <i>(Can return to manufacturer)</i>				●
Swimming pool chemicals				●
Thermostats (mercury ampoule inside) <i>(Some towns have collections)</i>				●

Kitchen

Aerosol cans-empty (often recycled as scrap metal)		●		
Aerosol cans-full				●
Ammonia-based cleaners			●	
Drain cleaners				●
Fats, oils, and grease			●	
Floor care products				●
Furniture polish				●
Metal polish				●
Oven cleaner				●

