

Use Your Brain Before Pouring Anything Down the Drain



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Environmental Management**



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 www.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.
 - Do not vacuum mercury and do not dispose of it in the sink.
 - Do follow the mercury spill guidance at: <http://bit.ly/hkgQRS>
 - Do follow the CFL cleanup guidance at: <http://bit.ly/ebo6gp>
 - 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:** www.uvlsrpc.org
- If you cannot attend one of these collections, follow these steps for disposal in your trash.
 - Dissolve tablets or capsules with a small amount of liquid in a plastic bag or small container. Add sawdust, kitty litter, or other dry material to make it less appealing for pets or children to eat. Treat liquid medicine in the same way.
 - Put sealed medicine mixture in your trash so that it is not visible from outside the trash bag to discourage unintended use.
 - Remove labels from prescription bottles or completely mark out all information before recycling or throwing in trash.



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 document.
- 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:** www.uvlsrpc.org

- Purchase only the amount of household chemicals necessary to avoid the need for disposal.



Household Hazardous Waste Disposal Chart

Safe Disposal Guide

Bathroom

| | | | |
|---|---|---|---|
| Aftershave, cologne (alcohol based) | ● | | |
| Bathroom cleaners | ● | | |
| Disinfectants | | | ● |
| Hair dyes, relaxers, and perm solutions | ● | | |
| Medicine (Upper Valley Lake Sunapee Region has collection only use trash if your area has NO collections) | | ● | ● |
| Nail polish | | | ● |
| Nail polish remover | | | ● |
| Thermometers (with silver mercury) | | | ● |
| Toilet bowl, tub, and tile cleaners | | | ● |

Garage/Workshop

| | | | |
|---|--|---|---|
| Antifreeze | | | ● |
| Auto body filler | | ● | |
| Batteries, auto (check service stations and town facilities for recycling) | | | ● |
| Brake fluid | | | ● |
| Car wax with solvent | | | ● |
| Diesel fuel | | | ● |
| Fuel oil | | | ● |
| Gasoline | | | ● |
| Glue (solvent-based) | | | ● |
| Glue (water-based) | | ● | |
| Kerosene | | | ● |
| Metal polish with solvent | | | ● |
| Mineral spirits | | | ● |
| Motor oil is NOT accepted at HHW collections (check service stations and town facilities for recycling) | | | ● |
| Paint, latex-dried hard. (to dry wet paint - mix with kitty litter, sawdust, and/or shredded paper; recycle empty cans) | | ● | |
| 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 | | | (Contact your Police Department) |
| 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 (Can return to manufacturer) | | | ● |
| Swimming pool chemicals | | | ● |
| Thermostats (mercury ampoule inside) (Some towns have collections) | | | ● |

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 | | | ● |

