

Useful Tips:

- Only ask for the medicines you need when collecting your medicines from the pharmacy.
- Tell your doctor or pharmacist if you are no longer taking a medicine.
- Do not share your medicines with family or friends as this is unsafe and may not work in the same way.
- It is not safe to use your medicines to treat other symptoms.
- Remember to tell your family, friends and relatives about the D.U.M.P. Project



The Dispose of Unwanted Medicines Properly (D.U.M.P.) Project

The Project is supported by:

Auckland District Health Board
Counties Manukau District Health Board
Waitemata District Health Board
International Waste Limited
Auckland Council

The Project enables consumers to return unwanted and out-of-date medicines to any pharmacy – anytime.

For further information:

Talk to your local pharmacist or search 'hazardous waste' at www.aucklandcouncil.govt.nz



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Dispose of Unwanted Medicines Properly

Return your unwanted medicines to your pharmacy for **FREE**



Why your medicine cabinet can be a health hazard

Many medicines in our medicine cabinet we need, but what about the yellow pills in a jar that's lost its label, and the eye drops we have had for a long time. And what was that green capsule for?



Old medicines lying around the home 'just in case' are dangerous:

- If taken when they have expired
- If taken but are not prescribed for you
- If in reach of children

The D.U.M.P. Project provides the safest and easiest way to dispose of unwanted and out-of-date medicines.

It makes possible the return of all household medicines to your pharmacy at any time – for free and safe collection and disposal.

Think before you throw

Unwanted medicines that are dumped into the toilet, tipped down the sink or put out with the rubbish can seriously harm the environment.

We need to change our behaviours to solve this problem and give the environment a chance.



Don't flush medicines down the toilet.

Sewerage plants can't treat all chemicals in waste water, resulting in contamination of waterways.



Don't pour medicines down the sink.

Medicines contain highly soluble chemicals which when entered into water systems can harm aquatic life.



Don't throw medicines into the rubbish/ recycling bin.

Medicines disposed of this way end up in exposed landfill sites.

D.U.M.P. provides the best alternative

By returning expired and unwanted medicines to your local pharmacy, you can make your home a safer place, help safeguard your community and protect the environment.



This is all we need to do... it really is easy

- Step 1** Sort through your medicines cabinet
- Step 2** Take expired and unwanted medicines to your local pharmacy
- Step 3** Give them to your pharmacist for proper disposal, and...
- Step 4** Tell your friends and relatives about the D.U.M.P. Project.

