

For more information

Upper Valley Lake Sunapee Regional Planning Commission

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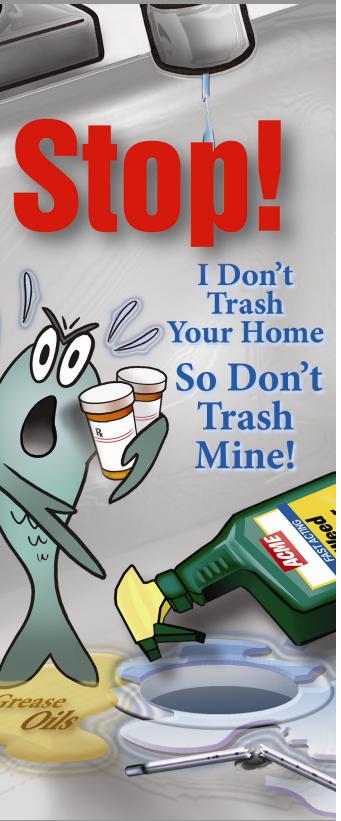
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Use Your Brain Before Pouring Anything Down the Drain

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 Safe Disposal Guide Safe Disposal Guide	Safe Into the Trains Safe Disposal Guide Safe Disposal Guide
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Bathroom	Garage/Workshop
Aftershave, cologne (alcohol based)	Varnish
Bathroom cleaners	Windshield washer solution
Disinfectants	Wood preservative
Hair dyes, relaxers, and perm solutions	Control
Medicine (Upper Valley Lake Sunapee Region has collection	Garden
only use trash if your area has NO collections)	Fungicide
Nail polish	Herbicide
Nail polish remover	Insecticide
Thermometers (with silver mercury)	Pesticide
Toilet bowl, tub, and tile cleaners	Rat and mouse poisons
Garage/Workshop	Weed killer
Antifreeze	Here/There
Auto body filler	Ammunition (Contact your Police Departmen
Batteries, auto (check service stations and town facilities for recycli	
Brake fluid	Batteries (Hazardous)
Car wax with solvent	Batteries, rechargeable (some towns have collections)
Diesel fuel	Dry cleaning solvents
Fuel oil	Fiberglass epoxy
Gasoline	Gun cleaning solvents
Glue (solvent-based)	Lighter fluid
Glue (water-based)	Moth balls
Kerosene	Photographic chemicals
Metal polish with solvent	Septic tank degreasers
Mineral spirits	Shoe polish
Motor oil is NOT accepted at HHW collections	Smoke alarms (Can return to manufacturer)
(check service stations and town facilities for recycling)	Swimming pool chemicals
Paint, latex-dried hard. (to dry wet paint - mix with kitty litter, sawdust, and/or shredded paper; recycle empty cans)	Thermostats (mercury ampoule inside) (Some towns have collections)
Paint, oil based	Kitchen
Paint, auto	Kitchell
Paint brush w/solvent or	Aerosol cans-empty (often recycled as scrap metal
TSP (Trisodum Phosphate) cleaner	Aerosol cans-full
Paint thinner	Ammonia-based cleaners
Paint stripper	Drain cleaners • • • • • • • • • • • • • • • • • • •
Primer	Fats, oils, and grease
Rust remover	Floor care products
Switches (potentially containing mercury)	Furniture polish
Transmission Fluid	Metal polish 💮 💮
Turnentine	Oven cleaner