

Health Tips – February 2016

HOW TO PROPERLY DISPOSE OF COMMON HOUSEHOLD HAZARDOUS WASTES

SHARPS, NEEDLES, SYRINGES

Did you know that you can bring your sharps to the Recycling Center? The Blackstone Valley Regional Recycling Center located behind the Whitinsville Fire Station at 193 Main Street (entrance to the center is on Water Street) which is open on Saturdays from 9AM to 2 PM accepts sharps at their facility. Sharps must be brought in a hard plastic container (sharps container, detergent bottle) and marked “Not for Recycling”. *(Please note that the Recycling Center is closed during the months of January and February – it will re-open in March when weather permits)*

Another alternative is to purchase pre-paid sharps disposal containers. These containers are shipped to you and typically include pre-paid pre-addressed shipping labels so that you can fill your container and ship it back for proper disposal. You can check out these companies for more information and pricing:

MEDASEND 1-800-200-3581

STERICYCLE 1-800-355-8773

DO NOT put sharps in the household trash. As of July 1, 2012, medical waste regulations will not allow the disposal of sharps in household garbage.ⁱ

PRESCRIPTION MEDICATIONS

Cleaning out the medicine cabinet of unwanted, expired prescription medications and wondering what to do with them?

In the face of rising trends in prescription drug abuse, the federal government recently issued new guidelines for the proper disposal of unused, unneeded, or expired prescription drugs.

The safest way to dispose of these unwanted prescription medications is to bring them to the **Northbridge Police Department** where a drop-off box has been located in their lobby. **PLEASE NOTE THAT THIS DROP OFF BOX IS FOR RX MEDICATIONS ONLY.** The Police Station is located off Route 122 (Providence Road) at 1 Hope Street.

The new federal guidelines for disposal, designed to reduce abuse of prescription drugs, while also protecting the environment, allow disposal by the following methods as well:

**** Take unused, unneeded, or expired drugs out of their original containers. To prevent others from using these substances, mix them with coffee grounds or kitty litter and throw them away in a sealed container.**

**** Flush Rx drugs down the toilet ONLY if the label or accompanying patient information specifically instructs you to do so.ⁱⁱ**

PAINTS AND STAINS

Latex paint can be disposed of as trash if dry. To dry small amounts, remove lid and let the paint dry in the can. For larger amounts, mix in kitty litter or pour one-inch layers of paint in a cardboard box lined with a plastic bag. Stir the paint occasionally to speed drying. Put completely dried paint in the trash. (*Latex paint is identified as such or has instructions to clean up with water*)

You can also check your local hardware and paint stores for “paint hardener” – this chemical when added to paint will harden the paint quicker than air drying.

Hardened oil-based paint can also be disposed of in the trash. (*Oil-based paint may be labeled "alkyd," "contains solvents," "clean up with mineral spirits," or "combustible."*)

DO NOT PUT LIQUID PAINT IN THE TRASH OR DOWN THE DRAIN.

DO NOT DRY OUT OIL-BASED PAINTS, STAINS, OR WOOD FINISHES TO DISPOSE OF IN THE TRASH. THE VOLATILE CHEMICALS ARE AIR POLLUTANTS.ⁱⁱⁱ

THE NORTHBRIDGE RECYCLING CENTER – ACCEPTED ITEMS / FEES

The **Blackstone Valley Regional Recycling Center – Northbridge Division** operates behind the Whitinsville Fire Station at 193 Main Street, Whitinsville. It is accessible from Water Street, to the right of the fire station. It is open on Saturdays from 9 AM to 2 PM. It is closed during the months of January and February – reopening in March as weather permits.

The following items are accepted at NO CHARGE:

MOTOR OIL AND FILTERS	DRY CELL BATTERIES	CLOTHES, SHOES
ANTIFREEZE	RAGS	EYEGLASSES
PLASTICS BOTTLES, P1 – P7	CELL PHONES	CARDBOARD, PAPER
MERCURY THERMOMETERS	MERCURY THERMOSTATS	ALUMINUM, TIN CANS

The following items are also accepted with payment of fee as noted below:

AIR CONDITIONERS / REFRIGERATORS / FREEZERS	\$ 30.00
AUTOMOTIVE BATTERIES (CAR / BOAT / MOTORCYCLE)	\$ 5.00
BATHTUBS / SINKS / ETC. (METAL)	\$ 15.00
BATHTUBS / SINKS / ETC. (FIBERGLASS)	\$ 15.00
BICYCLES (ALL TYPES)	\$ 5.00
COMPUTER MONITORS / PRINTERS	\$ 15.00
EXERCISE EQUIPMENT	\$ 10.00
LAWN MOWERS (PUSH TYPE)	\$ 15.00
LAWN MOWERS (RIDE ON TYPE)	\$ 30.00
MATTRESSES / BOX SPRINGS	\$ 25.00
METAL FENCES (APPROX. 100 SQ. FT.)	\$ 5.00
MICROWAVES	\$ 20.00
PROPANE TANKS	\$ 15.00
STEREOS (WITH OR WITHOUT SPEAKERS & WIRES)	\$ 15.00
SWING SETS (DISMANTLED)	\$ 15.00
TELEVISIONS	\$ 25.00
TIRES	\$ 5.00
WATER HEATERS	\$ 10.00
WEED WHACKERS (CLIPPERS / TRIMMERS / ETC.)	\$ 5.00
WHITE METAL GOODS (WASHERS / DRYERS / DISHWASHERS / ETC.)	\$ 15.00

LINKS & CONTACT INFORMATION

Northbridge Board of Health (508) 234-3272

Blackstone Valley Regional Recycling Center (508) 883-1500 x129

Massachusetts Department of Environmental Protection – Household Hazardous Waste
<http://www.mass.gov/eea/agencies/massdep/recycle/hazardous/household-hazardous-waste.html>

New England Disposal Technologies, Inc. (NEDT) – This company, located just over the town line in Sutton, MA accepts household hazardous waste at their collection center. NEDT operates as a “pay-as-you-go” disposal facility – meaning you pay only for the hazardous products that you bring to the facility. For more information regarding their hours, when they are open to the public, their disposal fees, and their senior discount, please call or check out their web page.

NEDT
83 Gilmore Drive
Sutton, MA
(508) 234-4440
<http://www.nedt.org>

***THIS MONTH’S HEALTH TIP WAS BROUGHT TO YOU BY THE
NORTHBRIDGE BOARD OF HEALTH.***

ⁱ <http://www.mass.gov/eohhs/gov/departments/dph/programs/environmental-health/comm-sanitation/medical-waste.html>

ⁱⁱ <http://www.mass.gov/eohhs/gov/departments/dph/programs/substance-abuse/stop-pill-abuse/tips-prevent-abuse/dispose-of-unused-prescription-drugs.html>

ⁱⁱⁱ <http://www.mass.gov/eea/agencies/massdep/recycle/hazardous/paints-and-stains.html>