



# Lake George Association

*People Protecting the Lake Since 1885*

## NEWS RELEASE

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**For IMMEDIATE RELEASE**

## **LGA Reminds Local Residents – Don't Flush Your Drugs Take Back Your Drugs Day is Oct. 29**

**LAKE GEORGE, NY – Oct. 21, 2011** – What should you do with leftover or unwanted pharmaceuticals?



Until recently, consumers have been told to flush them down the toilet, or pour them down the drain. But the Lake George Association is reminding local residents that these actions can harm water quality.

Scientists have found low levels of drugs in surface waters throughout the U.S. Some drugs pass largely unaltered through wastewater treatment plants. Drugs from health care facilities and farms can also find their way into the water.

A nationwide study conducted in 1999 and 2000 by the United States Geological Survey (USGS) found low levels of drugs such as antibiotics, hormones, contraceptives and steroids in 80% of the rivers and streams tested.

Fish can be adversely affected, and drug-resistant bacteria could develop.

So, what should be done with those unwanted drugs? Where available, the best option is to take medications to a local collection site.

**The Third National Prescription Drug Take Back Day is Saturday, October 29, 2011** from 10:00 am - 2:00 pm. The Warren and Washington County sheriffs' offices are participating. To find a location near you visit the "Don't Flush Your Drugs" page on the LGA website: [www.lakegeorgeassociation.org](http://www.lakegeorgeassociation.org).

The LGA is also asked the local public to help spread the word in offices and public venues by posting a poster about the issue from the Department of Environmental Conservation. The poster is available for download from the LGA website: [www.lakegeorgeassociation.org](http://www.lakegeorgeassociation.org).

Most household hazardous waste collection events will not accept pharmaceuticals.

If you can't make the collection day on Oct. 29, then the LGA recommends you follow these steps to dispose of drugs in the trash:

1. First add water and then salt, ashes, dirt, cat litter, coffee grounds, or another undesirable substance to the medication. This will help to avoid accidental or intentional misuse of the drugs. Avoid crushing pills as some medications can be harmful in powder form.
2. To prevent consumption by scavenging humans, pets or wildlife, do not conceal discarded drugs in food.
3. Hide all medications in an outer container, such as a seal-able bag, box or plastic tub to prevent discovery and removal from the trash. Seal the container with strong tape.
4. Dispose of drugs as close to your trash collection day as possible to avoid misuse and/or misdirection.

### **About the Lake George Association**

The LGA is a member-supported nonprofit organization. Founded in 1885, the Lake George Association is the nation's oldest lake protection organization. The association provides:

- Information, consultation and presentations about lake-friendly living and invasive species;
- Environmental education programs in schools, at streams, at boat launches and on board the LGA's Floating Classroom;
- Electronic and print publications;
- Geographic Information Systems support for lake protection efforts;
- Citizen scientist or volunteer opportunities;
- Technical expertise and solutions for low-impact development and landscaping; and
- Stormwater protection projects in local neighborhoods.

The LGA is located on Rt. 9N across from I-87 South Exit 21 in Lake George. For more information the public can call 518-668-3558 or visit [www.lakegeorgeassociation.org](http://www.lakegeorgeassociation.org)

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