



Middleton Health Department

February 2013

Our Mission

To improve public health by promoting an individual's well-being, preventing disease, and protecting an individual's health within the community.

MEDICAL WASTE DISPOSAL (Sharps and Medicines)

The Town of Middleton has two ongoing methods for residents to dispose of medical waste within the community year round.

Sharps (Needles, Syringes)



Sharps disposal for "Middleton residents" is now located at 195 North Main Street at the Middleton Health Department, Mon - Friday from 8 a.m. to 4 p.m. Sharps can only be dropped off in person and must be in a sturdy container. Staff at the office building will not handle the sharps. The resident will be required to personally dispose of them within the receptacle unit. Disposal is for residents only, no businesses.

DO: Use a Sharps Container.

A sharps container is a single-use container that is filled with used medical needles and then disposed of safely. These can be purchased at pharmacies, medical supply stores or ordered through the mail. If you do not have access to a sharps container, place sharps in a puncture resistant container such as a rigid plastic bottle (i.e. laundry) or coffee can with a secure (taped) cap.

DO NOT: Put Sharps in the Household Trash. As of July 1, 2012, medical waste regulations do not allow the disposal of sharps in household garbage.

Be Careful.

Protect yourself, your community, your environment, family, friends, and workers at the Middleton Transfer Station. The proper disposal of needles and syringes is important!

Middleton Board of Health

Robert Ambrefe, Chairman
George Demeritt
John Goodwin
Mathew Greenfield
Paul LeBlanc

Middleton Health Department

195 N Main Street
Middleton MA 01949
978-777-1869

www.townofmiddleton.org



Derek Fullerton, RS, CHO
Director of Public Health
healthdirector@townofmiddleton.org



Traci Mello, RN, BSN
Public Health Nurse
phn@townofmiddleton.org



Patricia Zingarelli
Department Clerk
dpwsecretary@townofmiddleton.org



Medicine Waste Disposal:

A partnership provided by the Middleton Police and Health Department. See guidelines and locations on the last page of this newsletter.

Do you have:

- Over-the-counter medications you bought for a health problem you don't have any more?
- A prescription medication that you stopped taking because your doctor replaced it with another one or you felt better?
- Medications that have passed their expiration date?
- Medications used by people who no longer live in your house?

It isn't a good idea to keep medications that aren't useful any more. Disposing of them properly will keep them out of the hands of people who shouldn't take them.

Although illicit drug use by teens is declining, teen prescription drug abuse is an emerging threat.

Nonmedical use of prescription and over-the-counter medicines remains a significant part of the teen drug problem. In 2012, 14.8 percent of high school seniors used a prescription drug non medically in the past year. Data for specific drugs show that the most commonly abused prescription drugs by teens are the stimulant Adderall and the pain reliever Vicodin.

- *Monitoring the Future Survey Reports*

Access among youth

National and state surveys demonstrate that adolescents and young adults represent the majority of individuals who are abusing prescription drugs. Several reports have revealed that youth are most likely to obtain prescription drugs from their parents' medicine cabinet and from other people they know. According to the NSDUH survey, over half of youth who were "nonmedical users" of prescription drugs said they obtained the drugs "from a friend or relative for free." This is not to say that family and friends are intentionally providing medications for misuse; however, it indicates a need for parents and caregivers to more closely monitor the prescription drugs in their homes and to limit youth access to them.

Despite the dramatic proliferation of internet sites selling prescription medication, a smaller percentage of youth are accessing prescription drugs via the internet (as compared to via their home environment or from friends).

PROTECT THE ENVIRONMENT: DON'T FLUSH YOUR DISCARDED MEDICATIONS DOWN THE DRAIN

Unwanted medications have traditionally been flushed down the toilet or poured down a drain. While this removes them from your house quickly, it is not environmentally friendly: the medications travel through wastewater to treatment plants and septic systems (almost all homes in Middleton are served by private septic systems), and from there into our groundwater, rivers, ponds and streams.

Research has detected low concentrations of medications in our waterways. Even at very low concentrations, some medications have affected fish and other aquatic life.

Where to drop off!!



(Shown above: Drop off box within
Lobby of Middleton Police Dep't)

Medication Drop off Box Located within the Lobby of the Middleton Police Station (65 North Main Street - 978-774-4424)

- For Middleton residents only, no businesses
- Drop off of expired medicine in appropriate containers. No loose pills.
- Peel off container labels or blacken out names and information on the containers.
- No liquids, syrups, creams, pastes.
- No Sharps (Syringes/Needles)
- Lobby open 7 days a week, 24 hours a day.