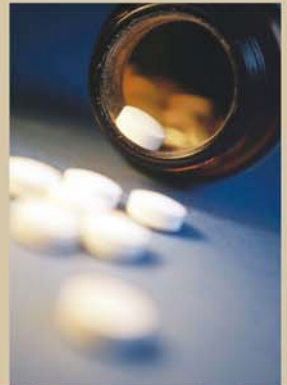


- If you are unsure about where to store your medicines, ask your pharmacist for advice.
- Don't hoard medicines, unless they are part of your family First Aid kit.
- All the same precautions should be taken for household chemical products such as bleach, disinfectants, white spirit and weedkillers, which should be locked away and out of reach. Dispose of old household chemical products at a "Chemcar Collection" provided by Local Authorities.

## Dispose of Unused Medicines Properly (DUMP)



### What should I do in an emergency?

Stay calm but act quickly. If someone has ingested medication, contact your GP or local Accident & Emergency Department. If a child takes some medication, make them spit any remaining pieces out.

Do not give them anything to eat or drink unless instructed to do so by medical personnel.

## Dispose of Unused Medicines Properly (DUMP)

Please take this opportunity to dispose of out of date or unused medicines properly and safely. The free collection service will run from **January 22<sup>nd</sup> to March 5<sup>th</sup> 2007**.

*Speak to your local participating pharmacy for details.*



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

A free service to dispose of unused / out of date medicines safely.

Organised by the HSE with the Community Pharmacists in Cork and Kerry, the **DUMP** campaign will run in participating pharmacies between:

**22<sup>nd</sup> January and 5<sup>th</sup> March 2007**

Please avail of this opportunity to **DUMP** these medicines safely and properly.





A free collection service for the safe disposal of unused or out of date prescription or over the counter medicines is now available in pharmacies throughout Cork and Kerry.

Organised by the Health Service Executive (HSE) with the Community Pharmacists, the 'Dispose of Unused Medicines Properly' (DUMP) campaign will run between January 22<sup>nd</sup> and March 5<sup>th</sup> 2007.

### What is the DUMP campaign?

The Dispose of Unused Medicines Properly (DUMP) campaign provides an opportunity for the general public to return unwanted or out of date medicine to their local participating pharmacy so that it can be disposed of safely and properly.

### Why should I get rid of unused or out of date medicines?

Removing unused or unwanted medicines from the family home, can reduce the risk of the following:

- Accidental poisonings (particularly in children)
- Overdose suicide attempts
- Inappropriate sharing of medicines
- Damage to the environment

### Why do people have unused / out of date medicines in their home?

Medicines can accumulate in the home for a variety of reasons e.g. unfinished courses of antibiotics, condition/illness no longer a problem and remainder of medication not required etc. Older people can often have large amounts of medicine at home. Whatever the reason, the HSE would urge householders to take this opportunity to dispose of prescription or over the counter medicines safely.

### Why do I need to take the medicines back to my local pharmacist? Can I not dispose of them myself?

Participating pharmacies will ensure that all medicines returned will be disposed of safely. Medicines not disposed of properly can have a harmful effect on our health and our environment.

### When and to whom can I return the medicines?

The DUMP campaign is running between **January 22<sup>nd</sup> and March 5<sup>th</sup> 2007**. More than 200 pharmacies throughout Cork and Kerry are participating so just ask at your local pharmacy for details.

### Most households have a quantity of medicine in their home (even after safely disposing of unwanted or out of date products). How can this be stored safely?

There are a number of steps you can take to ensure any medication in your house is safely stored. These include:

- Ask your pharmacist to put your medicines into a child-resistant container. Remember these caps are child-resistant not childproof!
- Keep all medicines, even seemingly harmless medicines, well out of reach and sight of children on a high shelf or in a locked press. Don't forget that children can climb higher than you think!
- Ensure that your child-minder keeps medicines out of your children's reach
- Remember that grandparents and older people are more likely have medication in their homes, so when visiting their house make sure all medicines are out of children's reach
- Always keep medicines in their original pack or bottle and do not take the label off.
- Keep your medicines in a cool, dry place, out of sunlight and away from direct heat (e.g. a radiator or fire).
- Medicines should not be stored in the kitchen or in the bathroom. The heat and steam in these rooms could damage the medicine.
- Some medicines have to be kept in the fridge. Check the label or leaflet if you are unsure – you will see a statement like "Store in a refrigerator" or "Store at 2°C – 8°C". Medicines should never be in direct contact with food in the fridge. If you have a freezer compartment in your fridge, don't put medicines in the shelf below it in case they freeze. If your medicine freezes, check with your pharmacist if it is still safe to use.

