

## HOW TO PROPERLY DISPOSE OF UNWANTED MEDICATION

Do your part to limit the release of pharmaceuticals, of any type, back into the water supply and/or environment. Properly dispose of unused/expired medications by following these simple guidelines suggested by the White House Drug Policy ([http://www.whitehousedrugpolicy.gov/publications/pdf/prescrip\\_disposal.pdf](http://www.whitehousedrugpolicy.gov/publications/pdf/prescrip_disposal.pdf)).

- ◆ Do not flush prescription drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so.
- ◆ You may be able to take advantage of community drug take-back programs or other programs, such as household hazardous waste collection events, that collect drugs at a central location for proper disposal.
  1. When disposing drugs in your garbage, take your prescription drugs out of their original containers. Treat medications (liquids and pills) by adding water and then salt, ashes, dirt, cat litter, coffee grounds, or another undesirable substance, to avoid accidental or intentional misuse of drugs. Do not conceal discarded drugs in food to prevent consumption by scavenging humans, pets or wildlife.
  2. Hide all medications in an outer container, such as sealable bag, box or plastic tub to prevent discovery and removal from the trash. Seal the container with strong tape.
  3. Dispose of drugs as close to your trash collection day as possible to avoid misuse and/or misdirection.

**Note:** Be careful in handling medications. Some drugs can cause harm if handled by people other than those to whom they were prescribed. Also, avoid crushing pills as some medications can be harmful in powder form.



### THE WATER DROP LOGO

The water drop logo represents the concept that from one drop, the ripples can travel very far. Our actions can have a lasting and far-reaching effect. It is also a reminder that a small but consistent action can, like the water drop, produce a very dramatic change. Just as a drop of water can change the shape of a stone, so too can our efforts bring dramatic change to Iowa.

IRWA has several means available for you to contact us with questions or concerns:



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(800) 747-7782  
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## EVER WONDER...

## JUST HOW IMPORTANT WATER IS?



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# WHAT YOU CAN DO TO PROTECT AND SAVE YOUR SOURCE OF DRINKING WATER

*(based on suggestions by the Environmental Protection Agency)*

## Automotive

- ◆ Recycle used oil and antifreeze at service stations
- ◆ Have automotive fluid leaks fixed
- ◆ Clean up spills immediately
- ◆ Do not pour used oil, antifreeze or other chemicals on the ground or down a storm drain

## Yard Maintenance

- ◆ Apply chemicals only as directed
- ◆ Cultivate plants which discourage pests rather than use pesticides
- ◆ Leave lawn clippings on lawn or compost them
- ◆ Pull weeds by hand
- ◆ Clean up after pets

## Storm Drains

- ◆ Take unwanted chemicals to hazardous waste collection sites
- ◆ Do not pour chemicals into storm drains, drainage ditches, or sinkholes

## Plumbing/Septic Systems

- ◆ Have your septic tank inspected annually
- ◆ Have your septic tank pumped at LEAST every five years
- ◆ Use phosphate free detergents
- ◆ Take unwanted chemicals or prescription drugs to hazardous waste collection sites
- ◆ Do not use toilets as trash cans
- ◆ Do not use septic system additives or “cleaners”

## Household

- ◆ Fix that leaky faucet. If your faucet is dripping at the rate of one drop per second, you can expect to waste 2,700 gallons of water per year.
- ◆ Check your toilet tank for leaks. Add food coloring to the tank. If the toilet is leaking, color will appear within 30 minutes. A leaky toilet can waste as much as 100 gallons/day.



## DID YOU KNOW.....?

- ◆ It takes 2 to 5 gallons of water to brush your teeth (if you leave the water running)
- ◆ You can use up to 50 gallons of water to wash the car
- ◆ If you run your dishwasher, it can use anywhere from 8 to 15 gallons of water
- ◆ Each time you flush the toilet you use 1.5 to 4 gallons of water
- ◆ Your shower or bath uses 17 to 24 gallons of water
- ◆ 35 to 50 gallons of water are used to wash each load of dirty clothes
- ◆ Of all the water on Earth, only about 2.8% is available for us to use
- ◆ 97.2% of the Earth's water supply is salt water
- ◆ The water you drank this morning might have been the same water a dinosaur drank millions of years ago
- ◆ There is the same amount of water on Earth today as there has always been.....the water keeps moving around in an endless cycle called the water cycle

## IS WATER REALLY A BARGAIN?

It depends on if you think of water as a valuable resource. According to the United States Geological Survey group, up to 60% of your body is made of water. And, we have all heard that drinking eight-8 ounce glasses of water is a daily recommendation. So, on that basis alone, Iowa Rural Water rates water as the #1 valuable resource. Let's make some cost comparison: Currently, the average price of water in the United States is about \$1.50 for 1,000 gallons. At that price, **a gallon of tap water costs less than one penny.**

- ◆ Milk ..... \$2.45 per gallon
- ◆ Cola (24 oz @ 1.75) ..... \$8.96 per gallon
- ◆ Flavored Beverage (16 oz @ 1.29) .. \$10.32 per gallon
- ◆ Ice Tea (16 oz @ 1.19) ..... \$9.52 per gallon
- ◆ Juice (16 oz @ \$1.25)..... \$10.00 per gallon
- ◆ Mouth Wash (1.5 oz @ \$0.99)..... \$84.48 per gallon
- ◆ Bottled Water (9 oz @ \$1.49) ..... \$21.19 per gallon

## THE WATER CYCLE

Water is special in that it is the only substance that can exist in liquid, gas and solid form at Earth's ordinary temperatures. And, it is common to have all three phases together at the same time, such as in clouds. These three phases are the key to the water cycle. Here's how the cycle works:

Water evaporates from oceans, rivers and lakes (water in its liquid form) and rises into the atmosphere (water in its gas form) where it condenses to form clouds. Precipitation then falls to the earth in the form of rain (water in its liquid form) or snow (water in its solid form) where it flows into oceans, rivers and lakes and the process begins again.