

What to Do In Case of Overdose or Accidental Poisoning

Poisoning, which includes drug overdoses, is the leading cause of accidental death in Massachusetts. That means unintentional poisoning caused more deaths than motor vehicle crashes!

- ❖ Call 911 if an overdose occurs and someone has collapsed, is having seizures, won't wake up, or has stopped breathing.
- ❖ Unsure if there has been a poisoning? The fastest way to find out is to **call the Poison Control Center at 1-800-222-1222**. Experts are available 24 hours a day, 7 days a week.
- ❖ You can also call a Poison Control Center to find out more information and ask for materials on poison prevention.
- ❖ To prevent accidental poisoning, be sure to read the labels on all prescription and over the counter medications. Store medications in a secure location out of the reach of children and teens. Check the directions and warnings, and check for your name on all prescriptions. Inventory your medications every 6 months and dispose of expired pills.

The Central Mass Regional Public Health Alliance

*Building a Better Regional,
Comprehensive Services Model to
Improve Public Health*



What is the Central Mass Regional Public Health Alliance (CMRPHA)?

The Central Mass Regional Public Health Alliance is a coalition of seven municipalities (**Towns of Grafton, Holden, Leicester, Millbury, Shrewsbury, and West Boylston and the City of Worcester**) working cooperatively to create and sustain a viable, cost-effective and labor-efficient regional public health district. The regional health district provides a comprehensive array of services to partner municipalities through a single organization managed by Worcester's Division of Public Health.

City of Worcester Division of Public Health



Safe Disposal of Sharps and Prescriptions



Safe Rx Drug Disposal

Turn in your unused or expired prescription drugs for free, safe disposal, no questions asked, at a local prescription drug disposal kiosk. If the pills are not in original bottles, medication should be placed in a sealed plastic bag. All collected medications will be incinerated.

Many communities have a MedReturn drug disposal box located at the police department, including Grafton, Holden, Leicester, Millbury, West Boylston and the City of Worcester.

Call your local police department for more information.



Household Rx Disposal

Proper disposal of medicines protects you and your community! It prevents poisoning of children and pets, deters misuse of mood altering medicine by teens and adults, and keeps medicines from polluting streams and rivers when poured down the drain or flushed down the toilet.

If possible dispose of prescription drugs at a drug disposal site in your community. If not, follow the **household disposal steps**:

- ❖ Take your prescription drugs out of their original containers
- ❖ Mix with an undesirable substance such as cat litter or used coffee grounds
- ❖ Put the mixture into a disposable container with a lid, such as a margarine tub, or into a sealable bag
- ❖ Conceal any personal information, including Rx number, on the empty containers by covering it with permanent marker or duct tape, or by scratching it off
- ❖ The sealed container with the drug mixture and empty drug containers can now be placed in the trash

Sharps Disposal

According to state law 105 CMR 480, it is illegal to dispose of sharps, as well as unopened packages of hypodermic needles and lancets, by throwing them away in the trash. The best way to dispose of sharps is to place them in a designated sharps container, a container marked with the universal biohazard warning symbol, which can be found at a sharps collection location. You can turn in your sharps for safe disposal, no questions asked, at various locations in Worcester and surrounding communities. To find out the most convenient time and place to access sharps disposal you can contact any of the following:

- ❖ Call your health care provider; a sharps disposal container may be located at your health clinic.
- ❖ Call the Department of Public Works and ask to schedule an appointment to drop off sharps on a hazardous waste disposal day.
- ❖ Call the Worcester Public Health Department and ask for a list of locations near you; you can also request a needle clipping device.
- ❖ Call the Senior Center and ask about options available to seniors.

