

## Remember...

- 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 First Aid kit
- All the same precautions should be taken for household chemical products such as bleach, disinfectants, white spirit and weed-killers which should be locked away and out of reach. Dispose of old household chemical products responsibly at your local civic amenity site



## What should I do in an emergency?

- Stay calm but act quickly, if someone has swallowed medication, contact your GP or local 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

**This DUMP campaign is organised  
by the HSE, South East  
Community Healthcare**

**For further information,  
please contact;**

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# **DUMP**

**DISPOSE OF UNUSED  
MEDICINES PROPERLY**



**A free service to dispose of  
unused and out of date  
medicines**

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

**The DUMP campaign will run  
throughout the South East in  
July and August 2023**



# **DUMP** is a free disposal service available in the South East for the safe disposal of unused or out of date, prescription or over-the-counter medicines.



## **Why should I get rid of unused or out of date medicines?**

Medicines can accumulate in the home for a variety of reasons, 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Whatever the reason, the HSE would urge householders to take this opportunity to dispose of unused or out of date prescription or over-the-counter medicines safely.

We 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.

**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**

## **What is the DUMP Campaign?**

Organised by the HSE, South East Community Healthcare, the “Dispose of Unused Medicines Properly” (DUMP) campaign provides an opportunity for the general public to return unwanted or out of date medicines, to a designated centre, so that it can be disposed of safely and properly.

## **How should medicines be stored safely?**

- **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**
- **Ensure your child-minder keeps medicines out of your child’s reach**
- **Remember that grandparents and older people are more likely to have medication in their homes, so when visiting their house, make sure all medicines are out of reach**
- **Always keep medicines in their original pack or bottle and do not take the label off**
- **Keep your medicine in a cool dry place, out of sunlight and away from a 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 a fridge. If you have a freezer compartment, don’t put medicines in the shelf below it in case they freeze. If your medicine freezes, check with your pharmacist to see if it is still safe to use.**