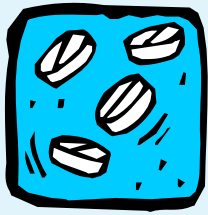


WHAT YOU DON'T SEE



What do steroids, birth control, pain killers and insect repellent have in common? All of these chemicals and more have been detected in the nation's waterways.

Often labeled Pharmaceuticals and Personal Care Products (PPCP), these chemicals are part of a larger group of emerging contaminants being researched. One USGS study detected emerging contaminants in 80 percent of the streams and rivers sampled across 30 states (including Oregon).

According to a 2010 Oregon Department of Environmental Quality (DEQ) report, persistent pollutants are "those that come from a wide variety of sources but linger in the environment and have a documented effect on human health, wildlife and aquatic habitat."

In addition to PPCPs, DEQ's list of persistent pollutants includes chemicals used in pesticides, insecticides, herbicides, flame retardants, product coatings and chemicals released during combustion.



Increased awareness of chemical pollutants in the last decade is due, in part, to advancements in testing that allow researchers to better detect and understand the impacts of PPCPs and other persistent pollutants.

ARE YOU READY TO DO MORE?

1. Share your knowledge with family, friends, neighbors, co-workers and others in your community. *Education is key in preventing and reducing pollution.*
2. Coordinate with your local waste hauler, local government solid waste department or Oregon DEQ to organize a Household Hazardous Waste Collection event in your area if one is not already scheduled.



3. Speak with the local police department or sheriff's office about conducting a prescription drug take-back event or installing a permanent drug collection box if one does not exist in your community.
4. Look for ways to reduce and prevent pollution at work.
 - Do you encounter hazardous products at work?
 - Do you know what the proper disposal methods are?
 - Encourage your company to modify its purchasing policies to incorporate safer alternatives.

This material is supported by a grant from the Office of Community Services at the U.S. Department of Health and Human Services and produced as part of the RCAP Safety and Security Project.

Do You Know What's in the Water?



This brochure is provided courtesy of:

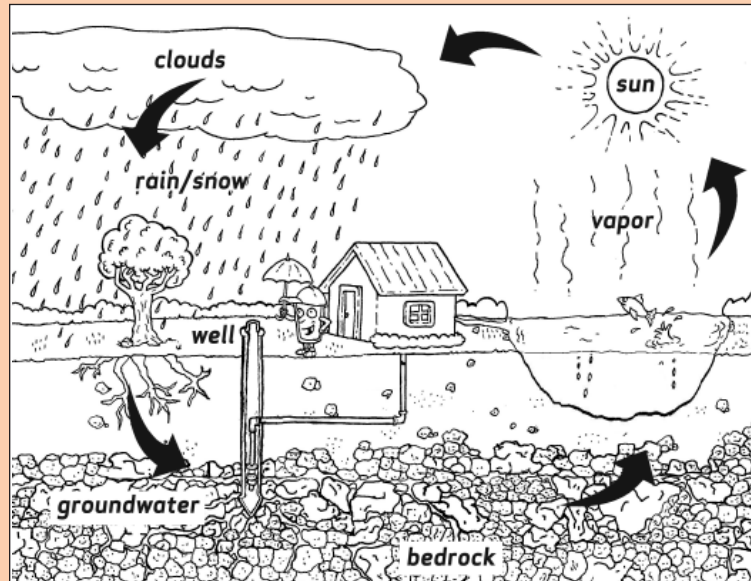


Visit our website for more information on environmental issues, housing, trainings and other resources!

HELP BREAK THE POLLUTANT CYCLE!

Be Informed Shoppers

- Break the pollutant cycle by starting at the source. Make pollutant reduction a priority when you shop.
- Look for personal care and cleaning products that are fragrance free, biodegradable, and made from natural ingredients.
- Watch out for labels with “caution” “warning” or “danger.”
- Buy only what you need and will use up. Share excess products with friends, neighbors and others.
- Purchasing safer alternatives can reduce the amount of toxics you come into contact with, reduce the demand for chemicals that may harm humans or the environment, and reduces the household hazardous waste you need to dispose of later.
- Check out EPA’s Design for the Environment website for a list products that are safer alternatives at www.epa.gov/dfc.



Graphics courtesy of U.S. EPA

Proper Disposal Matters

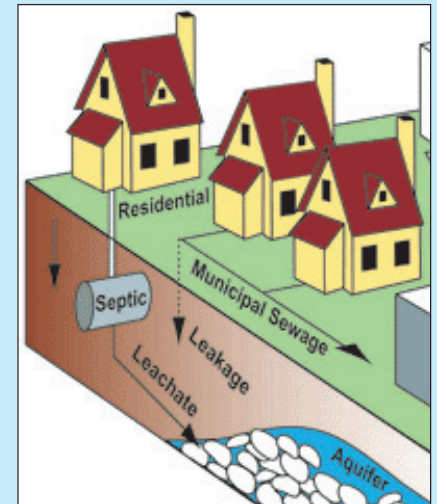
- Collect and properly dispose of extra or old household chemicals, like paints, pesticides, car oil, detergents, cleaning supplies, etc. Call your local waste hauler or visit DEQ’s Household Hazardous Waste website to learn proper disposal options.
- Never pour these products down the drain/toilet or dump onto the ground or storm drains.
- Wastewater treatment plants are not designed to treat for all chemicals. Stormwater often goes directly into streams and lakes without being treated.

The Medicine Cabinet

- Prevent and reduce pharmaceutical pollutants from entering the water we play in and get drinking water from.
- Take only the proper amount of medication needed or prescribed. Excess pharmaceuticals pass through the body and end up in wastewater where they can be difficult to remove.
- Dispose of excess prescription medications at a drug take back event or collection box.
- Never flush unused prescription or over-the-counter medication down the toilet unless label instructions say flushing is acceptable.
- In a disposable container, mix unused medication with cat litter, used coffee grounds or similar substance, then seal and place in trash.



DID YOU KNOW?



Wastewater treatment plants and drinking water treatment plants are not specifically designed to treat for all of the PPCPs and persistent pollutants being detected in our waterways.



The average adult in the U.S. uses nine personal care products (lotions, soaps, cosmetics, etc.) each day, resulting in 126 different ingredients being applied to the body.

In Oregon, there are 62 permitted municipal wastewater treatment discharges upstream of drinking water intakes.

Prevention and reduction are more cost effective than treatment.

Learn more by visiting Oregon Toxics Reduction Strategy webpage at www.deq.state.or.us/toxics/