

News Release for Immediate Use or Next Issue
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Free Medication Disposal Bags Available

The opioid epidemic has become a public health crisis with devastating consequences. Over 115 Americans die each day from opioid overdose. With the opioid epidemic growing, properly disposing of unused and expired medications is important.

All four offices in the River Valley Extension District have medication disposal bags available for free to the public. These Deterra bags can hold 15 pills, 2 ounces of liquid, or 2 patches. The disposal is as easy as 1 – 2 – 3.

One, open the pouch and place unused medication inside. Two, fill the pouch halfway with warm water and wait 30 seconds. Three, seal the pouch tightly, gently shake, and dispose of the pouch in the trash.

Stop by a River Valley Extension District office to start cleaning out your medicine cabinet.

For more information on the opioid epidemic and medication disposal bags, please visit our website at <https://www.rivervalley.k-state.edu/foods-health-nutrition/> or call your local River Valley Extension District office.