

Kwikurako imiti yanyu mudakoresha biroroshe, birabereye kandi birizewe mukoresheje amabahasha y'iposita y'ubuntu asubizwa iyo yavuye atangwa n'igisata kijejwe amagara y'abantu.

Ni gute woronka ibahasha ry'iposita ry'ubuntu risubizwa iyo ryavuye?

- Risabe ubicishije mu gisata kijejwe amagara y'abantu [gusaba ibahasha yo kugarura ifishi](#)
- Tora imwe mu bibanza nk'ama mangazini y'imiti, ibiro vy'igisagara, amavuriro, amasomero y'ibitabo canke ibiro vy'abaganga b'ibitungwa. Bahamagare imbere y'igihe kugira umenye ko ariho bari.

Ni gute wokoresha ibahasha risubizwa iyo ryavuye ku buntu?

1. Kurako canke ufute amakuru ayo ariyo yose akuranga nk'izina ryawe, adereshe, nomero ya terefone hamwe na nomero bakwandikiyeko umuti.
2. Shira umuti mw'ibahasha mu bubiko ahabigenewe. Mu gihe uwo muti ari uw'amazi, wuzingire muri sereviyete y'urupapuro hanyuma ubanze uwushire mu gasaho kugaye.
3. Ntuzigere wuzuzane cane iryo bahasha. Ishobora kujamwo urugero rutarenze 8 oz. rw'imiti itari iy'amazi hamwe n'urugero rutarenze 4 oz. rw'imiti y'amazi.
4. Ugara iryo bahasha neza.
5. Jana iryo bahasha ryugaye neza ku biro ivyo arivyo vyose vy'iposita muri reta zunze ubumwe za Amerika canke urihe uwujwe gutwara amakete y'iposita wanyu. **Amafaranga yo kuyitwara ararishwa kugira ushobore kurungika iryo bahasha kw'iposita ku buntu.** Canke jana iryo bahasha ryugaye neza ku mangazini idandaza imiti ikwegereye.

Ni iki ushobora gushira mw'ibahasha ry'iposita risubizwa iyo ryavuye?

- Imiti ushobora kugura itanditswe na muganga
- imiti yandikwa na muganga
- Imiti ivura urukoba hamwe & n'iyi kwisiga
- Imiti y'amazi (gushika kuri 4 oz.)
- Imiti y'ibitungwa bibana n'abantu
- Ama vitamine

Ni iki UDASHOBORA gushira mw'ibahasha ry'iposita risubizwa iyo ryavuye?

- Kirazira gushiramwo iserenge, ibintu bikebana, n'inshinge
- Kirazira gushiramwo urumogi rwa cannabis (marijuana, rw'ivyatsi)
- Kirazira gushiramwo ibiyayuramutwe bitemewe
- Kirazira gushiramwo imiti y'ivyatsi
- Kirazira gushiramwo amavuta yo kwikora
- Kirazira gushira ibikoresho vyawe bwite vyo kwiyitaho
- Kirazira gushiramwo amaparufe na deodora zipompwa
- Kirazira gushiramwo bayigone
- Kirazira gushiramwo imiti bapompa mu mazuru
- Kirazira gushiramwo ibikoresho vyo kwa muganga
- Kirazira gushiramwo imiti yo gupompa ibitungwa bibana n'abantu
- kirazira gushiramwo imiti irimwo iodine

Getting rid of your unused medications is easy, convenient and safe with the Health Department's free mail back envelopes.

How do you get a free mail back envelope?

- Order one through the Health Department's [mail back envelope request form](#) (English)
- Pick one up from places like pharmacies, town offices, health centers, libraries or vet offices. Call ahead to check availability.

How do you use the free mail back envelope?

6. Remove or cross out any identification information from your medication label like your name, address, phone number and prescription number.
7. Put medication in the envelope in original container. If it is liquid, wrap in a paper towel and place in a sealed bag first.
8. Do not overfill the envelope. It can contain no more than 8 oz. of solid medication and no more than 4 oz. of liquid medication.
9. Seal the envelope completely.
10. Bring the sealed envelope to any United States Postal Office or give it to your postal carrier. **The postage is paid so you can mail the envelope for free.** Or Bring the sealed envelope to your local pharmacy.

What can you put in the mail back envelope?

- over-the-counter medications
- prescription medications
- prescription patches & ointments
- liquid medications (up to 4 oz.)
- pet medications
- vitamins

What can you NOT put in the mail back envelope?

- no syringes, sharps, needles
- no cannabis (marijuana, weed)
- no illegal drugs
- no herbal remedies
- no cosmetics
- no personal care products
- no compressed cylinders
- no aerosols
- no inhalers
- no medical devices
- no pet pesticide products
- no medications containing iodine