

Tuuritaanka daawooyinkaaga aan la isticmaalin waa mid fudud, haboon oo badqab u leh baqshadaha boostada ee lacag la'aanta ah ee Waaxda Caafimaadka.

Sidee ayaad ku heli kartaa baqshada boostada oo lacag la'aan ah?

- Ka dalbo mid adigoo adeegsanaya foomka codsiga bakhshada boostada [ee Waaxda Caafimaadka](#) (Ingriisi ku qoran)
- Ka soo qaado mid goobaha sida farmashiyaha, xafiisyada magaalada, xarumaha caafimaadka, maktabadaha ama xafiisyada xanaanada xoolaha. Horaan usoo wac si loo hibiyo helitaanka.

Sidee ayaa loo isticmaalaa bakhshada boostada ee lacag la'aanta ah?

1. Ka saar ama ka jeex macluumaad kasta oo aqoonsi ah oo ku yaal calaamadda daawadaada sida magacaaga, cinwaankaaga deegaanka, lambarkaaga taleefanka iyo lambarkaaga daawada laguugu soo qoray.
2. Daawada ku rid baqshadda iyadoo ku jirta weelkeedi hore. Haddii ay dareere tahay, ku duub tuwaal warqad ah oo ku rid bac afka ka xiran marka hore.
3. Si xad dhaaf ah ha u buuxinin bakhshada. Waxay qaadi kartaa wax aan ka badnayn 8 oz. daawo aan dareere ahayn iyo wax aan ka badnayn 4 oz. daawo dareere ah.
4. Si buuxda bakhshada afka uga xir.
5. Keen baqshada oo afka ka xiran United States Postal Office ama usoo dhiib qofka kaa soo qaada waraaqaha boostada. **Boostada lacag ayaa laga bixiyaa si aad ugu soo dirto baqshadda lacag la'aan.** Ama keen baqshadda xiran farmashiyaha deegaankaaga.

Maxaad ku ridi kartaa baqshada boostada?

- Daawooyinka farmashiga laga soo gato
- daawooyinka dhakhtar kuu soo qoray
- Faashadaha daawada ah iyo boomaatooyinka dhakhtar kuu soo qoray
- daawooyin dareere ah (ilaa 4 oz.)
- daawooyinka xayawaanka rabayaada ah
- Faytamiinada

Waa maxay waxyaabaha AADAN ku ridi karin baqshada boostada?

- lama ogolo silingo, wax af fiiqan leh, irbado
- lama ogolo xashiis (marijuana, xashiish)
- lama ogolo daroogo mamnuuc ah
- lama ogolo daawo dhireed
- lama ogolo waxyaabaha la isku qurxiyo
- lama ogolo alaabta isquxinta ee shakhsi ahaaneed
- lama ogolo caagado la isku jajabiyay
- lama ogolo waxyaaba wax lagu buufiyo
- lama ogolo aaladaha lagu neefsado
- lama ogolo aalad caafimaad ahaaneed
- lama ogolo wax alaabada sunta cayayaanka lagu dilo ah
- lama ogolo wax daawo ah oo ay ku jirto iodine



Prescription Medication Mail Back Envelope Instructions

March 2024

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