

Kutupa dawa zako ambazo hazijatumika ni rahisi, faafu na salama ukitumia bahasha za barua za kurejesha za bila malipo za Idara ya Afya.

Je, unapataje bahasha ya barua ya kurejesha ya bila malipo?

- Agiza moja kupitia [fomu ya ombi la bahasha ya barua ya kurejesha](#) ya Idara ya Afya (Kiingereza)
- Chukua moja kutoka maeneo kama vile maduka ya dawa, ofisi za mji, vituo vya afya, maktaba au ofisi za madaktari wa wanyama. Piga simu mapema ili uthibitishie kama zinapatikana.

Je, unatumiaje bahasha ya barua ya kurejesha ya bila malipo?

1. Ondoa au ufute maelezo yoyote ya utambulisho kutoka kwa lebo ya dawa zako kama jina lako, anwani, nambari ya simu na nambari ya agizo.
2. Weka dawa katika bahasha zikiwa katika chombo chake halisi. Ikiwa dawa ni kioevu, ifunge kwa kitambaa cha karatasi na uiweke kwenye mfuko uliofungwa kwanza.
3. Usijaze bahasha kupita kiasi. Inaweza kuwekwa dawa ngumu zisizozidi aushi 8 na dawa za kioevu zisizozidi aushi 4.
4. Funga bahasha kabisa.
5. Peleka bahasha iliyofungwa kwa Ofisi yoyote ya Posta ya Marekani au umpatie mtoa huduma wako wa uchukuzi wa posta. **Ada ya posta imeshalipwa ili uweze kutuma bahasha bila malipo.** Au peleka bahasha iliyofungwa kwenye duka la dawa la karibu nawe.

Unaweza kuweka nini kwenye bahasha ya barua ya kurejesha?

- dawa zinazonunuliwa dukani bila agizo la daktari
- dawa zinazoagizwa na daktari
- viraka na dawa za kuchua zinazoagizwa na daktari
- dawa za kiowevu (hadi aushi 4)
- dawa za wanyama vipenzi
- dawa za vitamini

Nini ambacho HUPASWI kuweka kwenye bahasha ya barua ya kurejesha?

- usiweke sirinji, nyembe, sindano
- usiweke bangi (marijuana)
- usiweke dawa za kulevya
- usiweke dawa za mitishamba
- usiweke vipodozi
- usiweke bidhaa za usafi binafsi
- usiweke silinda zilizobanwa
- usiweke aerosoli
- usiweke vivutia hewa
- usiweke vifaa vya kimatibabu
- usiweke bidhaa za viuawadudu vya wanyama vipenzi
- usiweke dawa zenye iodini



Prescription Medication Mail Back Envelope Instructions

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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