The Mendon Board of Health is comprised of three members elected annually for a three year term. The responsibilities of the Board of Health include, but not limited to:

- Inspecting and Permitting Food Establishments.
- Conducting Tobacco Compliance Checks.
- Enforcement of Title V of the State Environmental Code including examine sites, witnessing perc. testing, issuing certificates of compliances and reviewing and approving septic plans.
- Overseeing the Town's Trash and Recycling Program.
- Collaborating with the Lake Nipmuc Task Force and the Parks & Recreation Dept. to monitor Lake Water Quality.
- Receiving and responding to complaints regarding housing, sanitary sewage disposal, hazardous materials/waste and solid waste, air quality noises and nuisances.
- Reviewing and Enforcing Mendon's Private Well Regulations.
- Reviewing and Enforcing Mendon's Dumpster Regulations.
- Issuing various licenses and permits related to health and sanitation.

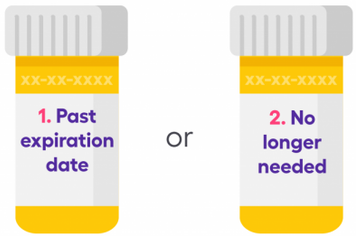
The Mendon Board of Health is also a part of the **Blackstone Valley Partnership for Public Health** (BVPPH), which is a regional collaborative created in partnership with the Central Mass Regional Planning Commission (CMRPC), and includes the towns of Blackstone, Douglas, Hopedale, Millville, Northbridge, Upton, and Uxbridge.

Through the Public Health Excellence Grant, the BVPPH provides supplemental public health services to its communities, from assisting in inspections of permitted establishments to providing educational services and materials to its community members. This is done as part of the BVPPH's goal to share municipal services to better promote, protect, and preserve the public health.

SAFE RX DRUG DISPOSAL

When to dispose of medication

When it is:



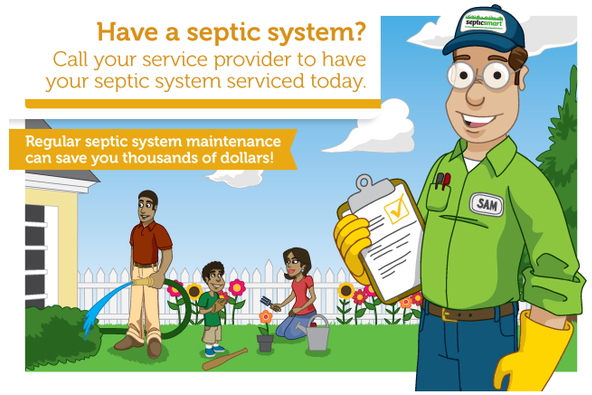
Proper disposal of medicines protects you and your community. It prevents poisoning of children and pets, deters misuse of mood-altering medicine by teens and adults, and keeps medicines from polluting streams and rivers when poured down the drain or flushed down the toilet.

Free disposal of medications includes:

- Rx Medications
- Pet Medicines
- Ointments
- Over-the-Counter Medicines
- Pills, capsules, and patches
- Vitamins

Turn in your unused or expired prescription and non-prescription drugs for free, safe disposal, no questions asked, at the prescription drug disposal kiosk located at:

Mendon Police Station - 22 Main Street, Mendon
Located in the Lobby Area



Good for your wallet. Good for your health. Good for the environment.

If you're not properly maintaining your septic system, you're not only hurting the environment, you're putting your family's health at risk - and may be flushing thousands of dollars down the drain!

Don't wait for your system to fail to call for service!

Avoid the hassles and headaches of a failing system by calling a Mendon licensed service provider today.

A typical septic system should be serviced every one to three years by a Mendon licensed septic system service provider.

If you have a well, many things can contaminate your drinking water, such as a failing septic system. Test your well water regularly!

KEEP IT PROTECTED—GET IT INSPECTED!

Have your septic tank inspected and pumped out by a licensed septic tank contractor as needed (on average every three to five years).

DON'T STRAIN YOUR DRAIN!

Use water efficiently to avoid overtaxing your system. Fix household leaks, run the dishwasher and clothes washer only on full loads, and consider installing high-efficiency fixtures.

THINK AT THE SINK!

Don't pour grease, fats, or harmful chemicals like paints and solvents down your sink. They can clog or harm your system.

DON'T OVERLOAD THE COMMODE!

Do not flush non-degradable items such as dental floss, diapers, coffee grounds, or feminine hygiene products.

SHIELD YOUR FIELD!

Care for your drainfield by only planting grass, not driving or parking on it, and reducing roof and surface water drainage near the drainfield.

BOARD OF HEALTH

Prevent. Promote. Protect.

18 Main Street - Mendon, MA 01756
Phone: (508) 634-2656
Email: BOH@MendonMA.gov

SHARPS DISPOSAL PROGRAM

BE SMART WITH SHARPS

MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

As of July 1, 2012, medical waste regulations do not allow the disposal of sharps in household garbage. Take your filled sharps container to the sharps disposal (drop-off) site in your community.

EXAMPLES OF SHARPS INCLUDE:

- **Needles** – hollow needles used to inject drugs (medication) under the skin.
- **Syringes** – devices used to inject medication into or withdraw fluid from the body.
- **Lancets**, also called "fingerstick" devices – instruments with a short, two-edged blade used to get drops of blood for testing. Lancets are commonly used in the treatment of diabetes.
- **Auto Injectors**, including epinephrine and insulin pens – syringes pre-filled with fluid medication designed to be self-injected into the body.
- **Infusion sets** – tubing systems with a needle used to deliver drugs to the body.
- **Connection needles/sets** – needles that connect to a tube used to transfer fluids in and out of the body. This is generally used for patients on home hemodialysis.

HOW TO DISPOSE OF SHARPS

Used sharps should be immediately placed in a ***sharps disposal container.** FDA-cleared sharps containers are generally available through pharmacies, medical supply companies, health care providers and online, such as Walmart, Walgreens, and Amazon. These containers are made of puncture-resistant plastic with leak-resistant sides and bottom. They also have a tight fitting, puncture-resistant lid.

(NO LARGER THAN 2 QUARTS PER CONTAINER)

If an FDA-cleared container is not available a heavy-duty plastic household container, such as a ***laundry detergent container** can be used as an alternative.

(*NO LARGER THAN 92 FL OZ. PER CONTAINER AND EACH CONTAINER MUST HAVE A SCREW ON CAP)

SHARPS DISPOSAL KIOSK AT BOH OFFICE

PROTECT YOUR FAMILY: A GUIDE TO WATER QUALITY TESTING FOR PRIVATE WELLS

If you have a private well, then water quality testing should be important to you and your family.

Some contaminants in drinking water have been linked to cancer and toxicity, posing a risk to human health. Many contaminants often have no taste, odor, or color. Only laboratory testing can detect them.

While there is no state requirement to have your well water tested (although there may be from your local Board of Health), the Mass. Dept. of Environmental Protection (MassDEP) recommends that all homeowners with private wells do so, and use a state certified laboratory.

CONTAMINATION OF WELLS

Well water originates as rain and snow that then filters into the ground. As it soaks through the soil, the water can dissolve materials that are present on or in the ground, becoming contaminated.

Some contaminants are naturally occurring from features found in the rocks and soils of Massachusetts. These include substances like bacteria, radon, arsenic, uranium, and other minerals.

Other contaminants find their way onto the land from human activities. On a large scale, industrial/commercial activities, improper waste disposal, road salting, and fuel spills can introduce hazardous substances to the ground. However, even typical residential activities, such as the application of fertilizers and pesticides, fueling of lawn equipment, and disposal of household chemicals can contaminate the ground when done improperly. Even an on-site residential septic system can pose a threat to your well. That is why taking measures to protect your well from contamination is so important.

RECOMMENDED TESTS

The following tests provide only the most basic indicators of a well's water quality. These tests identify some of the common natural and man-made contaminants found in our state's well water. However, you should also consider nearby land uses to decide whether additional tests are appropriate for your well. It is not necessary to do all of the tests at one time.

STANDARD ANALYSIS

This basic analysis covers the most common contaminants. Some of these contaminants pose health-related concerns, while others only affect aesthetics (taste and odor).

Radon

Radon can be a well water problem in Massachusetts, especially in bedrock wells. Presently, there are no federal or state standards for radon in drinking water, only suggested action levels. [Note: If Radon levels are elevated in your well water, you should also consider checking your indoor radon levels.]

Gross Alpha Screen

Radioactive minerals, such as radium and uranium, may be dissolved in well water. A Gross Alpha Screen is a simple test to judge whether further testing for specific radioactive minerals such as radium or uranium might be needed.

Volatile Organic Compounds (VOCs)

The most common VOCs come from gasoline compounds (such as MtBE and benzene) and industrial solvents (such as TCE). MtBE can be found in well water even in remote areas.

PFAS6

Per- and polyfluoroalkyl substances (PFAS) are a group of man-made chemicals used in a variety of consumer products and industries throughout the world. MassDEP has established a public drinking water standard for six individual PFAS chemicals, referred to as "PFAS6".

ADDITIONAL TESTS

Circumstances relative to your well may require additional testing not described here. For instance, MassDEP does not recommend frequent testing for things like pesticides, herbicides, or synthetic organic compounds, mainly because of the high cost. However, such testing might be warranted if your water has elevated nitrite/nitrate concentrations or significant amounts of pesticide have been applied near the well. These less-routine tests may not be performed at all state certified laboratories.

WHEN TO TEST

MassDEP recommends that prospective homebuyers test the water in a home with a private well before purchase. Water quality in wells is generally stable, and if a change is going to occur, it occurs slowly. Thus, the interval between water quality tests, once you've purchased the home, can generally be in terms of years (see ***Contaminants and Testing Frequencies***) if a well is properly constructed and located in a safe area. However, the following conditions would prompt more frequent testing:

- Heavily developed areas with land uses that handle hazardous chemicals.
- Recent well construction activities or repairs. MassDEP recommends taking a bacterial test after any well repair or pump or plumbing modification, but only after disinfection and substantial flushing of the water system.
- Contaminant concentrations above state or federal standards found in earlier testing.
- Noticeable variations in quality like a water quality change after a heavy rain, extended drought, or an unexplained change in a previously trouble-free well (i.e. funny taste, cloudy appearance, etc.).

CONTAMINANTS AND *TESTING FREQUENCIES*

ARSENIC - CHLORIDE - COPPER - FLUORIDE - HARDNESS - IRON - LEAD - PH - SODIUM

Monitor initially and then at a minimum once every ten years, or as otherwise required by the local Board of Health.

COLIFORM BACTERIA

Monitor initially and then at a minimum once every year, or as otherwise required by the local Board of Health.

NITRATE / NITRITE

Monitor initially and then at a minimum once every year for, or as otherwise required by the local Board of Health.

RADON

Monitor initially and then at a minimum once every ten years, or as otherwise required by the local Board of Health.

GROSS ALPHA SCREEN (BEDROCK WELLS ONLY)

Monitor initially and then at a minimum once every ten years, or as otherwise required by the local Board of Health.

VOCS

Monitor initially and then at a minimum once every ten years, or as otherwise required by the local Board of Health.

PFAS6

Monitor initially and then at a minimum once every ten years, or as otherwise required by the local Board of Health.

WHAT THE TESTS TELL YOU

Results will reveal the level at which any of the tested substances were found in your water sample. The mere presence of these contaminants in well water does not necessarily imply that there is a problem. However, when levels exceed state or federal health standards, you should take steps to correct the situation. Several methods are available from commercial contractors to treat contaminated water.

You can use the Be Well Informed (BWI) online tool hosted by EPA at **https://bewellinformed.info** to enter your water quality lab results to learn about potential health risks and recommended water treatment options.