

### What can we throw out in the **toilet?**

**We can't throw anything out in either the toilet or the sink, except for toilet paper!**

#### **Cigarettes**

In 2009, it is estimated that **4500 billion cigarette butts were thrown out.**

Each cigarette butt contains more than **150 substances that are considered to be highly toxic.**

As well as being a threat to human health, cigarette butts are harmful to aquatic species.



#### **Wipes**

They can obstruct wastewater treatment plants during the **screening process.**

#### **Hair & dental floss**

They get stuck around **pumps and rotors** and can cause damage to the wastewater treatment plants.



*you have a doubt?*

**DOWNLOAD RECYC-QUEBEC'S APP  
OR VISIT THEIR WEBSITE:**

<https://www.recyc-quebec.gouv.qc.ca/appmobile-cavaou>

#### **IN THE TRASH**

Gum, hair\*, dental floss, adhesive bandages, wipes, cigarettes butts, cotton swabs, tampons, sanitary pads, cat litter\*

#### **IN THE COMPOST**

Paper towels, tissues, hair\*, cardboard cotton swabs\*, biodegradable cat litter

#### **AT THE PHARMACY**

Medications and medicated substances

\* Only in some cities. Check out the Ça va où? app to get information specific to your city.

