

Be smart with sharps

Keep our communities safe—
use a sharps container!



DO NOT

Throw loose sharps
in garbage



Put sharps in
recycling bin



Flush sharps
down toilet



Throw sharps in
bushes or parks



DO use a sharps container Steps to safe needle disposal

- Treat all needles and drug equipment as contaminated
- Do not try to recap the needle or break the tip off



1 Put on gloves to protect yourself from fluid contamination (they won't protect against punctures or cuts).



2 Bring a puncture proof, sealable container to the site of the needle and place on a flat surface. Sharps containers are preferred.



3 Pick up the needle with BBQ tongs or tweezers by the middle of the plastic tube with the sharp end facing down. If there are multiple needles, pick them up one at a time.



4 Place the needle in the container sharp end first and close the container tightly.



5 Remove gloves and wash your hands with warm water and soap or use hand sanitizer.



6 For disposal, bring the sharps container to the Grey Bruce Health Unit or call your local pharmacy.

I got poked by a needle. What do I do?

Remain calm. Allow the wound to bleed freely. Wash the wound with soap and water. Apply a sterile, waterproof bandage. Seek immediate medical attention by calling your physician or going to the hospital.

Adapted with permission from The Regional Municipality of Waterloo (Public Health and Emergency Services).

GREY BRUCE HEALTH UNIT

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