

DIABETES and YOU



Winter 2009

Do's and Don'ts for Throwing Away Needles

- Do throw away needles and used lancets in a special "sharps container" (can be found at any drug store) or a plastic soda or liquid soap bottle, coffee can, AND replace the bottle cap or lid after each use.
- Do put heavy-duty tape over the closed bottle cap when it is about two-thirds full, making sure it is tightly sealed.
- Do label your container with the warning **DO NOT RECYCLE** by using a pre-made sticker or one that you make.
- Do keep your bottle out of the reach of children and pets.
- Don't flush needles or lancets down the toilet, this can harm the fish and other living things if it ends up in the lakes and rivers.
- Don't throw loose sharps into the trash whether at home or away from home.
- Don't remove the needle from the syringe it can fall, fly off, get lost and hurt someone.
- Don't re-use needles or lancets.



<http://www.epa.gov/epawaste/education/pdfs/han-care.pdf>

unisonhealthplan.com

Get to the **POINT** with Safe Needle and Lancet Disposal

- Your used needles/lancets can pass on germs to family members and friends.
- Serious diseases like HIV/AIDS or hepatitis B and C can be passed on to others from an accidental needle/lancet stick.
- Loose needles/lancets can injure adults, children and pets.
- Loose needles/lancets can hurt the environment.
- Safe disposal can prevent IV drug users from the sharing of needles.

Keep in mind that your city or town may have special rules for disposing needles and lancets. They may also have special collection centers for these items.

Contact local drug stores, hospitals, fire stations, health department, or doctor's office for a collection sight near you. Or on the internet, [@http://www.safeneedledisposal.org/](http://www.safeneedledisposal.org/) by typing in your zip code you can find a collection center in your area. Most are free of charge.

SAFETY TIP: Please see your PCP for your flu and pneumonia shot.

