

## Don't get stabbed! What to do if you find needles in your community



Needles (sharps) are items that may be contaminated with body fluids, such as blood, and can puncture or cut skin. Some examples are:

- Used needles
- Used syringes with needles attached
- Lancets (used for skin prick blood samples)
- Used razors

Children should never touch a discarded needle, but show an adult where it is.  
"If it's not yours, don't touch."

### What to do if you find a needle(s)?

**DO...** Find a hard plastic container with a lid and put it on a flat surface. (e.g. bleach or peanut butter container). Do not hold the container.



**DO...** Wear gloves or use tongs to pick up the needle. Put the needle (sharp end pointing down) into the container.

**DO...** Tighten the lid on the container.

**DO...** Wash your hands with soap and water right after.

**DO...** Take the container to your local health unit office or household hazardous waste disposal site.



**DON'T...** Try to remove, bend or recap the needle.

**DON'T...** Flush sharps down the toilet or throw them in the garbage or recycling box.

### Already Stabbed?

1. **Stay calm.** The risk of infection from illnesses such as tetanus, hepatitis B, hepatitis C and HIV is very low.
2. **Let the wound bleed freely.** Do not squeeze, suck, scrub or rub the wound.
3. **Wash the wound with soap and water** as soon as possible.
4. **See a health care provider right away.**



Immunizations are required throughout your life time. Talk to your health care provider about tetanus and Hepatitis B immunizations you might be missing.

Have more questions? Call Health Connection, Monday to Friday, 8:30 a.m. to 4:30 p.m.

**705-721-7520 or 1-877-721-7520**

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