



Stan & Fran's Health Hints



November 2008

Needle Safety



Teach your children not to touch or poke themselves with needles/pins because: these needles/pins may carry blood infected with various diseases such as Hepatitis and HIV, or bacteria that can cause infection when it enters the skin. If there is a scratch or puncture, wash the affected area, and if it bleeds allow it to do so. Save the needle and go to the doctor immediately.

Ways to avoid needle pricks

- ✓ Remind your children, especially around Remembrance Day, not to poke themselves with the poppy pins as it could cause them harm.
- ✓ Wear shoes in public places in case you step on a needle.
- ✓ Avoid reaching into areas that may contain needles, such as garbage cans in public washrooms, or places known to have needles.



What to do if you find a needle

Children should never touch or pick up a needle or syringe—if they see one, they should always tell an adult!

- ① Pick up the needle with tongs, pliers, or gloves.
- ① Place the needle in a puncture-proof container with a lid.
- ① Place container in the garbage.
- ① Thoroughly wash hands with soap and water for 15 seconds and then rinse for 15 seconds.



For other safety tips for children, see: www.caringforkids.cps.ca

Get your Flu Shot!

In BC, healthy children aged 6 - 23 months and their household contacts and/or caregivers are eligible to receive a free flu immunization. If you and your family are part of this group, please contact your nearest Public Health office for details on how you can receive this vaccine. You will also find information on the IH website at www.interiorhealth.ca

