

# Safe sharps disposal toolkit

A COMMUNITY RESPONSE  
TO A COMMUNITY ISSUE



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## Introduction

First and foremost, thank you for taking the time to read this toolkit. Our communities are something we value and by taking the time to go over this toolkit, you are showing that you also care about the well-being of your community.

The issue of improperly discard sharps can be an ongoing challenge in many communities. It is important to understand that people use needles for a number of reasons. Some medical conditions such as diabetes, cancer or arthritis as well as acute or chronic pain may require people to use needles to administer medication. People also use needles to inject illegal drugs. When needles are discarded improperly in a community it is often due to a lack of knowledge regarding proper disposal practices and/or not having accessible places to properly dispose of sharps. Most people will dispose of needles safely if disposal options are available. For people experiencing homelessness who also inject drugs this issue is made even more difficult due to limited hours of operation for programs and agencies that accept sharps for disposal (CATIE, 2015).<sup>1</sup>

Community members may react to improperly disposed needles with a sense of fear, panic or anger. This is often due to a lack of awareness about the very low health risk that a discarded needle in the community poses but it may also be due to more complex issues like stigma towards people who struggle with substance dependence, mental health concerns and a lack of safe and affordable housing options. While the later are beyond the scope of this tool kit, communities who are dealing with sharps issues are strongly encouraged to explore and plan to address these complex issues that influence how the community responds to sharps issues.

The intent of this toolkit is to support health authorities, municipalities, and local agencies to work together to reduce the incidence of improperly discarded sharps. The toolkit provides education, guidance and resources on the roles community partners can play to support safe sharps disposal.

### **Toolkit Objectives**

*Inform partners about different reasons communities may experience improperly discarded sharps in their community*

*Provide recommendations on community solutions to managing sharps issues*

*Provide information on the risks of improperly discarded sharps*

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<sup>1</sup> CATIE (2015). *Best practice recommendations part 1*. Retrieved from: [http://www.catie.ca/sites/default/files/BestPracticeRecommendations\\_HarmReductionProgramsCanada\\_Part1\\_August\\_15\\_2013.pdf](http://www.catie.ca/sites/default/files/BestPracticeRecommendations_HarmReductionProgramsCanada_Part1_August_15_2013.pdf)

## Terminology in this guide

### *Sharp:*

A “sharp” is a biomedical waste product which includes devices or objects that are used to puncture or lacerate the skin and may contain blood or body fluid. Common harm reduction materials that would be considered “sharps” include needles and glass pipes as well as anything attached to them such as syringes (“plunger”) or other devices to support the process of injection. While this tool kit will focus primarily on needles the information also applies to other kinds of “sharps”.

### *Harm Reduction:*

Harm reduction is an evidence based practice that aims to keep people safe and minimize death, disease, and injury from behavior that involves risk such as substance use and sexual activity.

Harm Reduction includes a range of health interventions to reduce harms and improve health outcomes associated with substance use and sexual health for both individuals and communities. These health interventions are targeted at substance use, addiction, overdose, sexually transmitted and borne infections (STBBIs), as well as, other illness and injuries, social isolation, violence, oppression, trauma, and criminal justice system involvement.

### *Needle and Syringe Programs (NSP)*

The HIV/AIDS epidemic had a significant impact, both in Canada and worldwide, on the development of harm reduction services, such as needle and syringe programs. In order to curb the transmission of this disease, which was often contracted through shared needles, NSPs offered a safe place for people to access sterile supplies. NSPs decrease the likelihood of sharing supplies, which can affect the overall rate of HIV and Hepatitis C in a given community. Over many decades, research has proven that the distribution of harm reduction supplies for injection drug use has extensive benefits to both communities and individuals (See *Benefits of NSPs*)<sup>2</sup> and Appendix 1 for more information

#### ***Benefits of NSPs***

*NSPs reduce transmission of HIV, hepatitis B (HBV), hepatitis C (HCV), and other blood borne infections among people who use drugs (PWUD). NSPs reduce unsafe drug use and sexual practices associated with the transmission of HIV, HBV, HCV and other blood borne infections*

***NSPs reduce the number of used needles discarded in the community***

*NSPs do not encourage initiation of injection drug use, do not increase the duration or frequency of injection drug use or decrease motivation to reduce drug use*

*The lifetime costs of providing treatment for PWUD living with HIV greatly exceeds the costs of providing NSP services*

*At any given time, most PWUDs are not receiving drug treatment*

<sup>2</sup> Strike C, Hopkins S, Watson TM, Gohil H, Leece P, Young S, Buxton J... Zurba N. (2013). Best Practice Recommendations for Canadian Harm Reduction Programs that Provide Service to People Who Use Drugs and are at Risk for HIV, HCV, and Other Harms: Part 1. Toronto, ON: Working Group on Best Practice for Harm Reduction Programs in Canada. Retrieved from [http://www.catie.ca/sites/default/files/BestPracticeRecommendations\\_HarmReductionProgramsCanada\\_Part1\\_August\\_15\\_2013.pdf](http://www.catie.ca/sites/default/files/BestPracticeRecommendations_HarmReductionProgramsCanada_Part1_August_15_2013.pdf)

## A Collaborative Community Approach

If improperly discarded sharps are something your community is experiencing, a collaborative community response is recommended. Stakeholder collaboration should include representation from:

- the local health authority,
- community-based organizations,
- local government (i.e. bylaw or parks and recreation),
- people who use drugs (PWUD)/people with lived or living experience with substance use
- local businesses
- other interested stakeholders

*Is there a role for the police in sharps management?*

While it may seem like police enforcement may improve the odds of people properly disposing of needles it has been found that this is the exact opposite. Fear of being caught with drug paraphernalia will often cause people who use drugs (PWUD) to quickly dispose of needles and syringes. Even when police are referring people to a Needle and Syringe Programs (NSPs) it has been found that police involvement can still be a barrier to safe disposal. Instead, municipalities and community partners are encouraged to work with local law enforcement to encourage safe disposal by ...

- Giving space around NSPs, supervised consumption/overdose prevention sites and other sharps return locations to allow PWUD to feel safe when returning sharps.
- Not confiscating drug paraphernalia which not only results in increased sharing of supplies and potential for infection transmission but also contributes to rapid and unsafe sharps disposal to avoid legal consequences.
- Connecting with community partners and municipalities when hot spots for improperly discarded sharps are identified.

## Roles that Community Partners can play in Sharps Management

### **Sites who distribute harm reduction supplies (community agencies and Health Authority)**

- Accept sharps returns at their site.
- Provide individual sharps containers when harm reduction supplies are distributed and encourage return of used sharps.
- Conduct regular sweeps in areas surrounding their site.

## **Municipal partners**

- Install and maintain community sharps disposal boxes in areas where discarded needles are frequently found. Cost of the initial installation of disposal boxes and ongoing maintenance, monitoring, and replacing can be covered by local municipalities. For sites managing a large volume of sharps, contact your local health authority representative to discuss having the site added to Interior Health's sharps disposal contract<sup>6</sup>.
- Include information on municipality websites with direction on how and where to dispose of sharps in the community as well as how to pick them up and dispose of them safely.
- Consider establishing a phone line or number people can call to inquire about sharps disposal.
- Employ peers (people with lived experience to retrieve and dispose of sharps in the community).

## **Community agencies and other stakeholders:**

- Allowing for a sharps disposal box to be placed inside or outside of their building.
- Participating in and/or supporting organized community clean up events.
- Provide safe spaces for people with lived and living experience to share insights on sharps issues in the community.
- Conduct regular sweeps in areas surrounding their location.

## **People with Lived or Living Experience with Substance Use**

- Provide valuable insight on where public disposal units should be located.
- Advise on how best to message to PWUD about how and where to safely dispose of sharps.<sup>3</sup>
- Identify effective peer-led strategies to improve sharps returns.

## **Health Authority**

- Provide information on health risks of needle stick injuries.
- Educate communities on the health benefits of NSPs.
- Ensure harm reduction sites are providing individual sharps containers and educating clients on how and where to return sharps.
- Accept returns of harm reduction sharps at Mental Health and Substance Use, Public Health and Primary Care Centres.
- Support the set up and cover costs of sharps disposal services for municipalities and community agencies who manage a large volume of sharps.<sup>4</sup>
- Provide resources and consultation to municipalities on developing a sharps strategy.

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<sup>3</sup> Please review and follow Peer Engagement Principles and Best Practices before bringing peers to the table

<sup>4</sup> Connect with your local Harm Reduction Coordinator for more information at [harmreduction.coordinator@interiorhealth.ca](mailto:harmreduction.coordinator@interiorhealth.ca)



### Pharmacy partners

- The Canadian Pharmacist Association (2017) states that, “Pharmacists are well-positioned to promote safe medication and sharps disposal.”<sup>5</sup> Pharmacies could participate in the safe disposal of injection equipment by accepting returns, distributing personal sharps containers and providing education to clients.

### All partners

- Promote the benefits of NSPs and safe sharps disposal for the entire community.
- Provide information on safe and unsafe disposal practices. See [Appendix 2](#) the ‘Do’s and Don’ts’ of Safe Sharp Disposal for further information.

For further information on community working or task groups, please see [Harm Reduction: A British Columbia Community Guide](#).

## Risks of Improperly Discarded Sharps <sup>6, 7</sup>

### Blood Borne Illnesses (BBI)

Blood borne infections (BBIs) are viruses that are carried in the blood, specifically hepatitis B, hepatitis C and human

### *Strategies to encourage proper disposal*

*Communities should work together to ensure there are safe spaces for sharps disposal:*

*Ensure public disposal boxes are located in various areas where there tends to be improperly disposed of needles.*

*Include options for public disposal of needles in public washrooms. Always install the containers within the stalls.*

*Include pharmacies in disposal programs wherever possible*

*In communities where appropriate, consider the implementation of supervised consumption sites*

*Increase hours in which NSPs are open and able to receive returns on needles*

<sup>5</sup> Canadian Pharmacist Association (2017). Pharmacists need to promote medication and sharps return program. Retrieved from: <https://www.pharmacists.ca/news-events/cpha-blog/pharmacists-need-to-promote-medication-and-sharps-return-programs/>

<sup>6</sup> NAM (2017). Risk of Infection. Retrieved from: <http://www.aidsmap.com/Risk-of-infection/page/1324549>

<sup>7</sup> <http://www.aidsmap.com/Discarded-needles/page/2124827/>

immunodeficiency virus (HIV). Being poked by another person's needle or sharp could potentially transmit a blood borne infection if it contained enough of an active virus to transmit infection. However, in a community setting, this would be quite rare. The risk of contracting a blood borne illness from a needle stick injury is very low. See the sidebar "What is the risk" for more information.

### *How do needle stick injuries (pokes, punctures, scratches) occur?*

Without proper education or access to a safe disposal option, people who use needles and other sharps may put them in the garbage or leave them on the ground. This increases the risk of others getting poked.

Needle stick injuries can occur in situations where needles have been discarded in public spaces or when they are disposed of in unsafe ways. Examples of community based needle stick injuries include:

- Children playing outside in a park or on a beach find a needle and decide to pick it up or accidentally step on it. Community members can help reduce the risk by talking to children about being safe around needles – see [Appendix 3](#) for more information.
- A well-meaning community member finds a needle on the ground and tries to re-cap it. Knowing how to safely pick up and dispose of a needle can help prevent needle stick injuries to yourself and others in your community. See [Appendix 4](#) for more information.
- Cleaning staff get poked by a needle while cleaning a washroom. Providing sharps disposal bins in public washrooms and other locations where people may use needles is an important step to reduce incidents like this.
- A sanitation worker may get poked by a needle in a garbage bag or recycle bin. Providing education to all people who use needles on how and where to safely dispose of needles in your community is an important way to reduce improper disposal. See [Appendix 2](#) and [Appendix 5](#) for more information.

#### ***What is the risk?***

*Community needle stick injuries carry a much lower risk than occupational needle stick injuries (i.e. exposures in a health care setting) because:*

- *The needle stick injury typically does not occur immediately after needle use, as such these needles rarely contain fresh blood*
- *Any virus if present to begin with has been exposed to drying and environmental temperatures and is likely no longer viable*
- *Needle stick injuries are often superficial (on the surface or shallow).*

***What to do if someone gets a needle stick injury:***

If you or someone else has been poked, scratched, or cut by a needle it is normal to feel some anxiety and stress. It is important to remember not to panic and that the risk of infection is very low. The first step is to wash the affected area immediately with soap and warm water, and to not squeeze the area. Even if the risk is very low medical follow up is important - go to your local emergency department promptly for medical attention.

***What to do if you find an improperly discarded needle:***

While it may be concerning, when properly handled the risk of getting poked, scratched or cut by a needle is very low. The risk of getting an infection from an improperly discarded needle in a community setting is also extremely low.

Step 1: Find a rigid plastic container with a secure lid (e.g. plastic drink bottle with a wide mouth, liquid laundry bottle). Remove the lid and place the container on the ground beside the needle. Do not break or recap the needle.

Step 2: Pick up the needle by the centre of the syringe barrel with care. Use work or latex gloves, or tongs, if available. Always point the sharp end of the needle down and away from you.

Step 3: Put the needle in the container, sharp-end first, and secure the lid. While doing this step, the container should be on the ground; do not hold it in your hand. Remove gloves and wash hands thoroughly with soap and water.

Step 4: Drop off the sealed container at a local health unit, pharmacy or community drop box.

***Where to dispose of sharps?***

If a discarded needle is found in a public place, your local health unit or municipality can advise on needle collection services in your community. Alternatively, you can follow the directions on the next page to dispose of the needle yourself.

All Interior Health public health, mental health and substance use, primary care sites and community harm reduction agencies accept used harm reduction sharps (including needles) for safe disposal.

Some pharmacies will accept sharps in containers for disposal. Please call your local pharmacy to ask about disposal options.



## Appendices

### Appendix 1 - Needle Distribution Programs: Why are they important?

#### Why does Interior Health distribute free needles?

- Needle distribution plays an important role in the health and wellbeing of everyone in our communities. Needle distribution programs are a province-wide, evidence-based way to reduce the risk of infections in our communities.
- When people inject with a used needle they are at risk of blood-borne infections like HIV, Hepatitis B and C viruses and other infections. In order to effectively reduce the risk, it is important that a new and sterile needle is used for each injection.
- Needle distribution programs provide access to sterile needles, reduce sharing and as a result have helped to reduce rates of illnesses, including Hepatitis C and HIV. Since 2005, the number of cases of HIV diagnosed among people who inject drugs in B.C. has declined by 86 per cent.
- Needle distribution programs across British Columbia are not new. In B.C., a needle distribution policy was introduced in 2002, supported by the BC Centre for Disease Control, Ministry of Health and the Best Practice Recommendations for Canadian Harm Reduction Programs. All B.C Health Authorities distribute needles.

#### Ok, I get that, but why does Interior Health give out so many needles?

- In order to effectively prevent infection people who inject drugs should use a new, sterile needle every time they inject. Many people who inject substances need to do so several times a day. Our best available data for the province estimates that there are approximately 7000 people who inject drugs in Interior Health area communities.

#### If I am not a person who injects drugs how does needle distribution help me?

- Low rates of blood borne infections benefit the entire community. Health care costs are reduced - it much less expensive to prevent blood-borne infections than treat them. There is less demand on the health care system and a much lower chance of other people becoming infected.
- Blood-borne infections can be transmitted when blood or body fluid from an infected person enters another person's body. This can happen through activities other than injection drug use. People who inject drugs are members of our communities and come from all “walks of life” – they may be your co-workers, your sex partners, your neighbours – by reducing the rates of blood-borne infections among people who inject drugs it helps reduce the risk of transmission in the larger community.

### **Why doesn't Interior Health require people to exchange needles for new ones – a one for one approach?**

- Needle exchange is not best practice and as a result B.C. moved away from that model in 2002. Evidence shows that limiting the number of needles distributed increases the likelihood of people sharing or re-using needles, and that increases the risk of infections.
- Needle exchange policies, such as a one-for-one system or trading a used needle for a new one create barriers that actually decrease the effectiveness of needle distribution programs and they are not necessary to achieve high rates of proper disposal.

### **Fair enough, then why aren't programs distributing retractable needles?**

- Retractable needles do not work well for people who inject drugs and may actually put them at risk of infections, injury and overdose
- We are currently dealing with a public health overdose emergency, where we have seen an unprecedented number of people die from illicit drug overdoses. One of the key overdose prevention messages during this time is to recommend people who use substances use smaller amounts, possibly a test dose. This is difficult to do using retractable needles. In addition, people who use drugs in BC have said they would not use these types of needles for a number of other reasons – this would result in low uptake for needle distribution programs which can lead to an increase in the spread of infections.
- Retractable needles are also more expensive than regular syringes, which would increase health care costs.

### **Sometimes these needles end up on the ground in our community. What is the risk if I or someone I care about gets poked?**

- No one likes to see needles lying on the ground in the community. Fortunately, the risk of getting sick from a community needle poke is very rare. Remember, needle distribution programs help reduce the likelihood that a needle on the ground will contain blood-borne viruses and even if a virus was present, most of them don't live very long in a syringe in the outdoor elements. However, if you or someone you know does get poked, it's still important to go to the doctor as soon as possible and have it checked out.

### **What is Interior Health doing to make sure needles are disposed of safely?**

- It's not just Interior Health, reducing the number of needles that end up on the ground is something that many people in the community work hard at including community

agencies, municipal governments, people who use drugs, and more. It's very important to all of us and we often work together.

- Here are some of the things Interior Health is doing:
  - Providing personal sharps containers when needles are given out.
  - Providing safe needle disposal education to people who use drugs and other community members.
  - Accepting used needles at all public health, mental health and substance use, and primary care sites.
  - Covering the cost of harm reduction sharps disposal for non-profits and local governments.
  - Providing large industrial sharps bins for local governments to install in hot-spot areas.
  - Supporting community partner agencies to conduct community clean ups.

**Is there something the residents of my community can do to help?**

Absolutely – we can all do our part. Here are a few ideas:

- Learn about what to do if you find a needle.
- Visit our website or your local government website to learn about what is available in your area for disposal boxes, needle pick up services and community sharps strategies.
- Organize a community clean up – your local health centre can help with supplies needed like containers.
- Learn about stigma – the more we judge, shame and talk disrespectfully about people who inject drugs, the more we drive in them into the shadows – making them less likely to access health care services and options for safe needle disposal.

For more information:

<https://www.interiorhealth.ca/YourEnvironment/HarmReduction/Pages/Safe-Needle-Disposal.aspx>

## Appendix 2 - Sharps Disposal Do's and Don'ts



# Sharps Disposal Do's and Don'ts

## Do's...

- ✓ Do...Place used needles and other sharps in a sharps disposal container or in another hard sided container with a lid (and label "Household sharps do not recycle or throw in trash")
- ✓ Do...Keep all needles and other sharps and sharps disposal containers out of reach of children and pets.
- ✓ Do...Teach children not to pick up needles and to tell an adult if they find one.
- ✓ Do...Pick up improperly discarded sharps with latex gloves, tweezers or tongs with the tip pointing away from you.
- ✓ Do...Dispose of sharps in a community drop box, harm reduction agency, pharmacy (when available) or Interior Health public health centre, mental health and substance use, or primary care site.
- ✓ Do...Wash your hands thoroughly with soap and water after disposal.

- ✓ Do...Contact a sharps retrieval and disposal service in your community if you are uncomfortable picking up sharps yourself.
- ✓ Do...Visit Interior Health's Safe Needle Disposal webpage for more information.

## Don'ts...

- ✗ Do not put sharps in the garbage.
- ✗ Do not put sharps in the recycling bin.
- ✗ Do not put sharps in the toilet or down the drain.
- ✗ Do not toss sharps on the ground.
- ✗ Do not try to remove or break off the tip of a needle or re-cap it if used by another person.

## Appendix 3 - Talking to children about needles



### Talking to children about needles



*It is important to teach children what to do if they find improperly discarded needles.*

Children may find used needles at home or in a public place.

Needle stick injuries can happen when a needle from a syringe accidentally pokes or cuts the skin. Because of this, it is important that needles are disposed of promptly and safely.

Needles should always be disposed of at home in a secure sharps container that is kept out of children's reach and returned to the pharmacy or health centre for proper disposal.

To prevent needle stick injuries, it is also very important to teach children to never touch a needle and to tell a trusted adult if they find one.

Here are some things you can say when talking to children about needle safety:

**DO NOT TOUCH IT.** Needles can be sharp and may hurt you. They can also carry germs.

**TELL AN ADULT** you trust about the needle. If you are playing with friends, ask one of them to make sure no one touches the needle while you get an adult.



Source: See a Needle, Lauri Watkins  
[www.seeaneedle.com/about](http://www.seeaneedle.com/about)

How to talk to children about finding a needle - page 1

## Talking to kids about the WHY

*Because children are curious, you can expect they will have questions that may be difficult to answer. Adults may not be comfortable talking to children about things like drug use and, depending on their age, the child may not be at a stage where they are able to understand complicated subjects. Below are some suggested responses to help you navigate the WHY questions they may have.*

*Why are there needles on the ground?*

*For young children, keep it simple: "Someone was using that to put something inside their body. It is not safe to leave it out like that because it can hurt someone."*

*Older children may require more information: "People use needles for a variety of reasons. Some people use needles to put medicine or other drugs inside their bodies. Some medical conditions require people to use needles; others may use needles for medicine to manage pain. People also use needles to inject illegal drugs / to take a substance that makes them feel different. It's not safe to leave needles out like that because someone could get hurt."*

*"Some drugs can make people feel sick when they stop using – and that makes it hard to think about other important things. People who use needles don't leave them out to hurt other people; they are just trying to survive, the only way they think they can – and that is a terrible way to have to live."*

*Some older children may have more WHY questions, such as why do people use illegal drugs / become addicted to drugs?*

*"Some people like the way the drugs make them feel. Other people don't. Some people who use drugs don't do them all the time but some people can't stop doing them – that is called addiction. We don't know for sure why some people struggle with addiction – maybe their brains don't make the right chemicals in the right amounts, so even though it's not good for their bodies, drugs make them feel better, at least for a short time. Or maybe they had a really difficult life – a lot of pain, or an accident or bad trauma, or they were hurt or abused by someone in their family, so they never ever felt safe or OK, and maybe the drugs helped make them forget about that for a little while."*

*"It is important to know that illegal drugs can be harmful and that it is not safe to do them. Because they are illegal, you have no idea if you're really getting what you think you are – some drugs can be mixed with even more dangerous things. If you are feeling sad, hurt or unsafe, it is very important that you talk to an adult that you trust."*

Source: See a Needle, Lauri Watkins  
[www.seeaneedle.com/about](http://www.seeaneedle.com/about)

How to talk to children about finding a needle - page 2

## Appendix 4 - What you should do if you find a needle



# What you should do if you find a needle

**Don't Panic.** While it may be concerning, when properly handled the risk of getting poked, scratched or cut by a needle is very low. The risk of getting an infection from an improperly discarded needle in a community setting is also extremely low.

**Step 1.** Find a rigid plastic container with a secure lid (e.g. plastic drink bottle with a wide mouth, liquid laundry bottle). Remove the lid and place the container on the ground beside the needle. Do not break or recap the needle.

**Step 2.** Pick up the needle by the centre of the syringe barrel with care. Use work or latex gloves, or tongs, if available. Always point the sharp end of the needle down and away from you.

**Step 3.** Put the needle in the container, sharp-end first, and secure the lid. While doing this step, the container should be on the ground; do not hold it in your hand. Remove gloves and wash hands thoroughly with soap and water.

**Step 4.** Drop off the sealed container at a local health unit, pharmacy or community drop box.

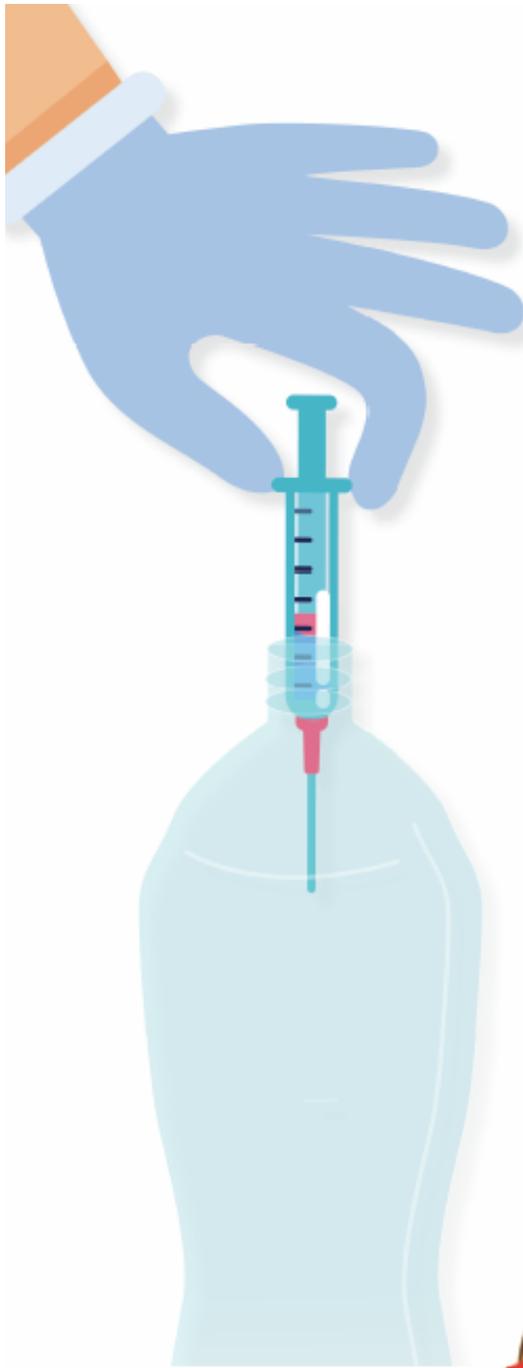


### **If you or someone else has been poked, scratched, or cut by a needle:**

Do not panic. Always remember, the risk of infection is very low. Wash the affected area immediately with soap and warm water, do not squeeze.

Go to your nearest emergency room for medical attention.

## Appendix 5 - Poster – How to safely dispose of needles



### How to **SAFELY DISPOSE OF NEEDLES** & other drug use supplies

#### SAFE NEEDLE DISPOSAL

- Pick up the needle by the centre of the barrel using work/latex gloves or tongs if available.
- Do not try to replace the cap on the needle, snap, break or bend the needle.
- Place the needle (sharp end first) into a metal or hard plastic container that has a lid—such as a product or drink bottle.
- Replace cap on container firmly and label it.
- Wash hands thoroughly with soap and water.
- Drop off the sealed container at your local health unit or at a community drop box.

#### IF YOU ARE PRICKED BY A NEEDLE

- Wash the pricked area with soap and warm water.
- Go to your nearest emergency room for medical attention

#### SAFE DRUG USE SUPPLIES DISPOSAL

- Pick up supplies—such as cookers, stems or pipes using work or latex gloves.
- Place items into double plastic bags, tie-off and dispose in the garbage.
- Wash hands thoroughly with soap and water.



**Find out if there is a  
community drop box  
in your area by contacting  
your municipal office.**

*Adapted from Vancouver Island Health Authority.*

## References

- <sup>1</sup> CATIE (2015). *Best practice recommendations part 1*. Retrieved from: [http://www.catie.ca/sites/default/files/BestPracticeRecommendationsHarmReductionProgramsCanada\\_Part1\\_August\\_15\\_2013.pdf](http://www.catie.ca/sites/default/files/BestPracticeRecommendationsHarmReductionProgramsCanada_Part1_August_15_2013.pdf)
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- <sup>6</sup> NAM (2017). Risk of Infection. Retrieved from: <http://www.aidsmap.com/Risk-of-infection/page/1324549>
- <sup>7</sup> <http://www.aidsmap.com/Discarded-needles/page/2124827/>