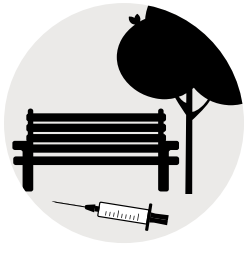# I found a needle. Now what?

**On the sidewalk, street or boulevard:**

**At a park, trail, or community facility:**

Call **Access York at 1-877-464-9675**, TTY **1-866-512-6228** or Email **accessyork@york.ca**

**On your property:**

- Treat all needles and drug equipment as contaminated
- Do not try to recap the needle or break the tip off
- Do not flush needles down the toilet or put them in the garbage or recycling
- If a needle, syringe or sharp is found on a commercial property notify the property owner or property manager

## EQUIPMENT

- **GLOVES** (latex, vinyl, garden)
- **TONGS**
- **PLASTIC CONTAINER WITH LID** or sharps container

**Follow these steps below for safe needle/sharps disposal:**

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

**2** Bring a "puncture" resistant, sealable container to the site of the needle/sharps and place on a flat surface. Avoid using a glass container as it can break easily.

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

**4** Place the needle/sharps in the container sharp end first and close the container tightly. Label the container "used sharps".

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

**6** **DO NOT place container in the municipal garbage.**

For a list of locations where you can drop off the container(s), call Access York at **1-877-464-9675**, visit **healthsteward.ca** or search "sharps"/ "needle" on York Region's **Bindicator tool** for the closest drop off location or municipal depot.

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

1. Remain calm.
2. Allow the wound to bleed freely.
3. Wash the wound with soap and water.
4. Apply a sterile, waterproof bandage.
5. Seek immediate medical attention by calling your health-care provider or going to the hospital.

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

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