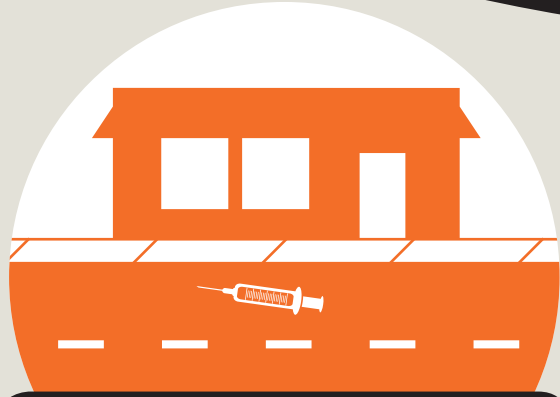


# I found a needle. Now what?

Where you found the needle determines the next step.



On the side walk, street, or boulevard:



On city property (park, trail, facility):



On my property:

**Call 519-575-4400**

## Steps to safe needle disposal

- 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 box

### Equipment

Gloves (latex, vinyl, garden)  
Tongs  
Plastic container or sharps container

**1**

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

**2**

Bring a puncture proof, sealable container to the site of the needle and place on a flat surface. Sharps containers are available at and can be returned to Region of Waterloo Public Health.

**3**

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

**4**

Place the needle in the container sharp end first and close the container tightly.

**5**

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

**6**

Bring the container to a 24-hour safe sharps disposal bin located outdoors at:

- 99 Regina Street South Waterloo**  
Region of Waterloo Public Health
- 150 Main Street Cambridge**  
Region of Waterloo Public Health
- 159 Ainslie Street Cambridge**  
Simcoe House

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

Remain calm. Allow the wound to bleed freely. Wash the wound with soap and water. Apply a sterile, waterproof bandage. Seek immediate medical attention by calling your physician or going to the hospital.



Region of Waterloo  
PUBLIC HEALTH AND  
EMERGENCY SERVICES