

# SAFE NEEDLE DISPOSAL TIPS

Keeping yourself, your loved ones and your community safe from the risk of discarded needles.

## What are the risks of touching or being poked by a needle?

Most people will not get sick by picking up or being poked by a used needle, but it's important to be cautious. Diseases such as Hepatitis B, Hepatitis C and HIV can be transmitted by used needles.

## What to do if you get poked by a needle:

- Let the wound bleed as much as possible
- Flush the area with flowing water
- Wash the wound well with soap and warm water
- Call Health Link Alberta at 811 or seek medical attention immediately

## Advice for parents of small children

- Talk to children about what discarded needles look like
- Emphasize to your children that if they find a discarded needle, they should not touch it, because they could get hurt
- Make sure your children know that if they find a needle, they should leave it where it is and ask an adult for help
- Ensure small children are wearing shoes if they are playing in areas around spray parks

## I found a needle, what can I do?

Always treat a discarded needle as if it is contaminated. If you find one, decide if:

### I'm not comfortable or willing to pick it up, or I am unequipped to pick it up, but I want Lethbridge to be clean and safe.

- Cover or mark the location of the needle with an object.

Call the ARCHES Needle Pickup Hotline at  
**403-332-0722**  
to provide the location and arrange for pickup and disposal.

### I'm willing and equipped to pick it up because I want Lethbridge to be clean and safe.

- I have gloves, tongs or pliers, and a hard sharps container (ex. a strong plastic bottle such as a bleach container or a plastic jar with a lid).
- Put on latex, rubber or leather gloves. Use tongs or pliers to carefully pick up the needle with the tip pointed away from you.
- Put the sharps container (strong plastic bottle, etc.) on a stable surface (do not hold it while putting the needle inside) and put the needle, tip down, into the container and close the lid.
- DO NOT place the container in garbage.
- When you're finished, wash your hands and/or use hand sanitizer.

Call the ARCHES Needle Pickup Hotline at  
**403-332-0722**

## Locations you can take needles for disposal:

- ARCHES, 1206-6 Ave. S.
- Most local pharmacies

## What are sharps containers, and where are they available?

A sharps container is made of hard plastic with a small opening at the top. These containers are specially made for holding used needles and come in various sizes. You can buy sharps containers at most pharmacies, and they're available to the public for free from ARCHES, 1206-6 Avenue South.



## What do Safe Needle Disposal Boxes look like and where are they located?

Needle Disposal Boxes have round openings on each side for collecting used needles. Currently, there are 12 bright yellow Needle Disposal boxes installed around Lethbridge in 11 public locations where needle debris has been a recurring problem:

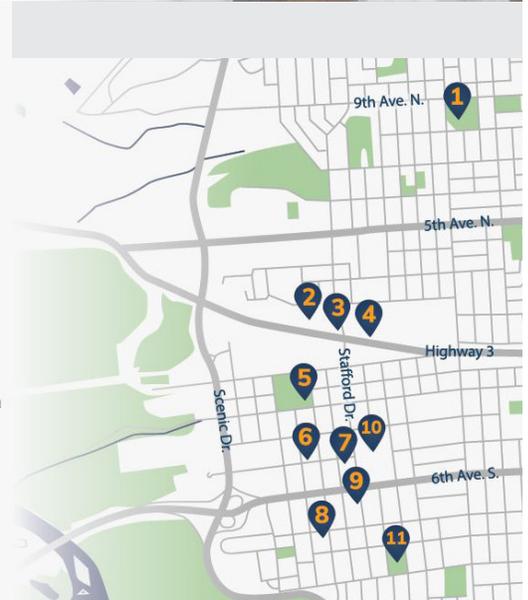


### North Lethbridge

- 1 Adams Park - South of Adams Ice Centre
- 2 Lethbridge Emergency Shelter & Resource Centre, 802 - 2A Avenue North
- 3 Stafford Drive North Overpass
- 4 North fence along railway tracks east of Stafford Drive North Overpass

### South Lethbridge

- 5 Galt Gardens - by the public restrooms, under the pergola
- 6 Crabb Street Parking Lot, 607 - 5 Avenue South
- 7 Lethbridge Public Library - Parking lot
- 8 London Road Park, 7 Street & 7 Avenue South
- 9 YWCA - By the east fence, and west of the building in the alley, 604 - 8 Street South
- 10 Civic Field - Northwest corner, behind YMCA
- 11 Kinsmen Park, 900 block of 10 Street South



## Health and harm reduction information:

- Health Link Alberta: Call 811 for health advice 24/7 from registered nurses
- Lethbridge ARCHES: 403-328-8186 or [www.lethbridgearches.com](http://www.lethbridgearches.com)

## Where can I learn more about the opioid crisis?

The City of Lethbridge website contains an area where updates are posted on the opioid crisis and the supervised consumption services sites. Visit the city's News Centre for up-to-date information. The link can be found here: [NEWS CENTRE](#)

Drug and needle debris in public places are a challenging and growing issue for Lethbridge, and our community is not alone. Cities across Canada and the globe are tackling this issue with strategies to ensure communities are as safe and healthy as possible. Needles are used by people with specific health conditions and people with drug addictions. Safe disposal of these needles reduces the chances of injury. Everyone is safer when needles are disposed of properly.