

Throwing Away Used Needles and Syringes

When you use needles or syringes at home, you need to throw them away safely.

- Use a strong container that has a cap or lid, such as a bleach or detergent jug or a coffee can. **Do not** use milk cartons or glass bottles. You can also buy needle boxes at your pharmacy.
- Put your needle and syringe in the container right after use.
- Cap the container tightly after each use.
- Keep your container out of reach of children and pets.
- When the container is $\frac{3}{4}$ full, put the lid on tightly. Use heavy tape like duct, packing or electrical tape to seal the lid. Place the container in your trash.

If you have questions, check with your local trash company.

Iska Tuuridda Cirbadaha iyo Saliingeyaasha la Isticmaalay

Marka aad guriga ku isticmaasho cirbado ama saliingeyaal, waxaad u baahan tahay inaad si ammaan leh isaga tuurto.

- Isticmaal weel xooggan oo leh dabool ama fur, sida caagga warankiilada ama oommada ama qasaca kafeegu ka dhammaaday. **Ha isticmaalin** baakadaha caanaha ama dhalooyin. Waxaad sidoo kale farmashiyaha ka soo iibsana kartaa sanduuqyada cirbadaha.
- Cirbaddaada iyo saliingaha ku rid weelka isla marka aad isticmaasho ka dib.
- Weelka si xooggan u dabool mar kasta oo aad isticmaasho kasta ka dib.
- Weelasha dhig meel aan carruurta iyo xayawaanka gurigu aysan ka gaari karaynin.
- Marka uu weelku buuxsamo ilaa $\frac{3}{4}$, furka si xooggan ugu xidh. Isticmaal sharooto culus sida koollaleyda, kuwa baakadaha lagu xidho ama sharootada korontada si aad afka uga xirto furka. Weelka qashinkaaga ku soo rid.

Haddii aad su'aalo qabtid, u tag shirkadda qashinka ee xaafaddaada.

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