

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. Do not recap the needle.
- Cap the container tightly after each use.
- Keep your container out of the 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.
- Check with your local pharmacy, trash company or health department about what you should do with the container.
 - ▶ Some cities have collection sites at hospitals, clinics, drug stores or fire stations where you can dispose of the container.



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 iibsan kartaa sanduuqyada cirbadaha.
- Cirbaddaada iyo saliingaha ku rid weelka isla marka aad isticmaasho ka dib. Daboolka ha ku xidhin cirbadda.
- 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.
- Warso farmaashiyaha xaafadda, sharikadda qashinka ama waaxda caafimaadka waxaad ku suubinayso weelka.
 - ▶ Magaalooyinka qaar waxay leeyihiin meelo lagu ururiyo cisbitaalada, kiliinigyada, farmashiyaha ama istayshanada dabka oo lagu tuuro weelka.



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- ▶ Your trash company may allow you to set the container out beside your trash. This is so it can be handled safely and not be mixed in with regular trash.

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- ▶ Sharikadiina qashinka waxa laga yaabaa inay oggol yihiin inaad weelka dhigto dibedda qashinka agtiisa. Tan waxa loo yeelayaa si loo maareeyo si ammaan ah oo aanay ku qaldamin qashinka caadiga ah.

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