



Sharps are classified as biohazardous waste so proper disposal of these items is extra important.

What's a Sharp?

Any device or object that is used to puncture or lacerate the skin. Some examples you may use as a diabetic include needles, syringes, lancets and auto injectors.

Why is Sharp Disposal So Important?

According to the FDA, up to 850,000 people are injured every year by sharps due to improper disposal at home. Disposing of sharps safely protects you, your loved ones, and even people outside your home (such as the garbageman) from accidental sticks that can cause serious infections.

Quick Reference: Sharps Disposal

Proper sharps disposal is an important part of your diabetes self-management regimen. Not sure why or how? Don't worry - we've got you covered with some helpful tips, tricks and resources.



Tips

- **Don't Overfill**
Overfilling your sharps disposal container increases the risk of accident sticks. It's time to get a new one when your container is $\frac{3}{4}$ of the way full.
- **Travel Smart**
Be prepared when leaving home. Always carry a small, travel-size sharps disposal container in case other options are not available.
- **In a Pinch**
Strong plastic containers with lids like laundry detergent bottles can be used to temporarily store sharps until you can get your hands on a new sharps disposal container.
- **Make Disposal Easy**
There are several sharp disposal organizations that offer convenient mail-in or pick-up programs. Do a quick online google search to find one that's right for you.
- **State Regulations Vary**
Check your state's disposal regulations on www.safeneedledisposal.org to ensure you're disposing of sharps in the easiest and safest way possible.



Resources

Sharps Disposal Containers:

Safe sharps disposal containers can be purchased online or at your local pharmacy. These containers are made of strong plastic (think puncture-proof!) and always kept in a secure location. To make the throw-away process easier, there are a variety of organizations that will dispose of your sharps container once it becomes full.

Purchase Yours At:

- Walmart
- Kroger
- Walgreens
- CVS
- Rite Aid
- Online
- Any other local pharmacy

Dispose Your Full Container At:

- Walmart
- Walgreens
- A quick google search of, "where can I dispose of sharps in [your state]?" will yield many disposal service organizations.