



# A Note To Adults

This booklet is for young people with insulin-dependent diabetes and for you.

People living in the United States use more than **one billion** (1,000,000,000) syringes, needles, and lancets **each year** to take care of their diabetes. This booklet shows you the safe way to handle and throw out used insulin syringes and lancets at home.

It's simple. The easy directions on the following pages show you how to protect your family and waste handlers from injury—and help **keep the environment clean and safe!**

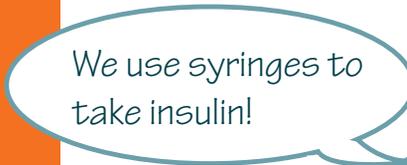
While you are reading this booklet, keep in mind that your state, county, or town may have special rules about how to dispose of syringes and lancets. They may also have a special collection center for these items. You should ask your doctor, diabetes educator, or community representative how to find out about any rules or collection programs in your area.

# Did You Know?



We use lancets to test our blood sugar level!

People with insulin-dependent diabetes know how important syringes and lancets are for controlling their diabetes and staying healthy.



We use syringes to take insulin!

Most people with insulin-dependent diabetes use syringes and lancets every day. But what do you do with them when you're done?

Like anything else we throw out, lancets and syringes need to be disposed of properly. Otherwise they can end up in places they don't belong, like beaches. And because they have very sharp, pointy ends, they can hurt people by accident, like the person who collects your garbage, someone in your family, or even you!

But there's a simple way you can help protect people and the environment. It's quick and easy!

Just follow these **TWO** steps 

Step

1

# Put A Lid On It!

After you've given yourself an insulin shot, put your syringe directly into a strong plastic or metal container with a tight cap or lid. After you use a lancet, you can put it into the same container too.



Don't try to bend, break, or put the cap back on your needle...you might hurt yourself!

Keep your container out of reach of small children and pets!

## Make It Easy

Keep your container in the safe. You usually have your insulin shot to keep your blood sugar.



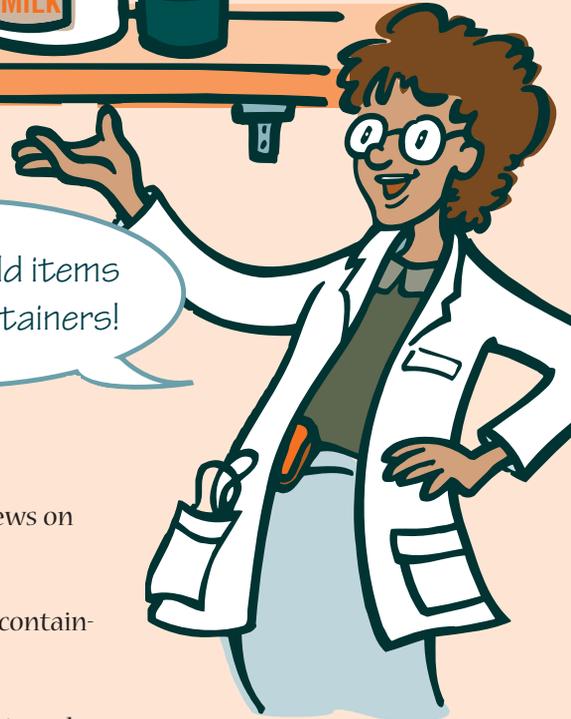


## Container Do's

The best containers to use are those that:

- ✓ Are made of strong plastic, so needles can't poke through.
- ✓ Have a small opening on top with a cap or lid that screws on tightly to prevent spills.
- ✓ Are not recyclable in your community. Put recyclable containers back into use whenever possible!

Many household items make good containers!



Some examples might include a plastic bleach jug, plastic liquid detergent bottle, or plastic milk jug. You can use a coffee can, too. But when it gets full, close the lid tightly and seal it with strong tape.



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## Container Don'ts

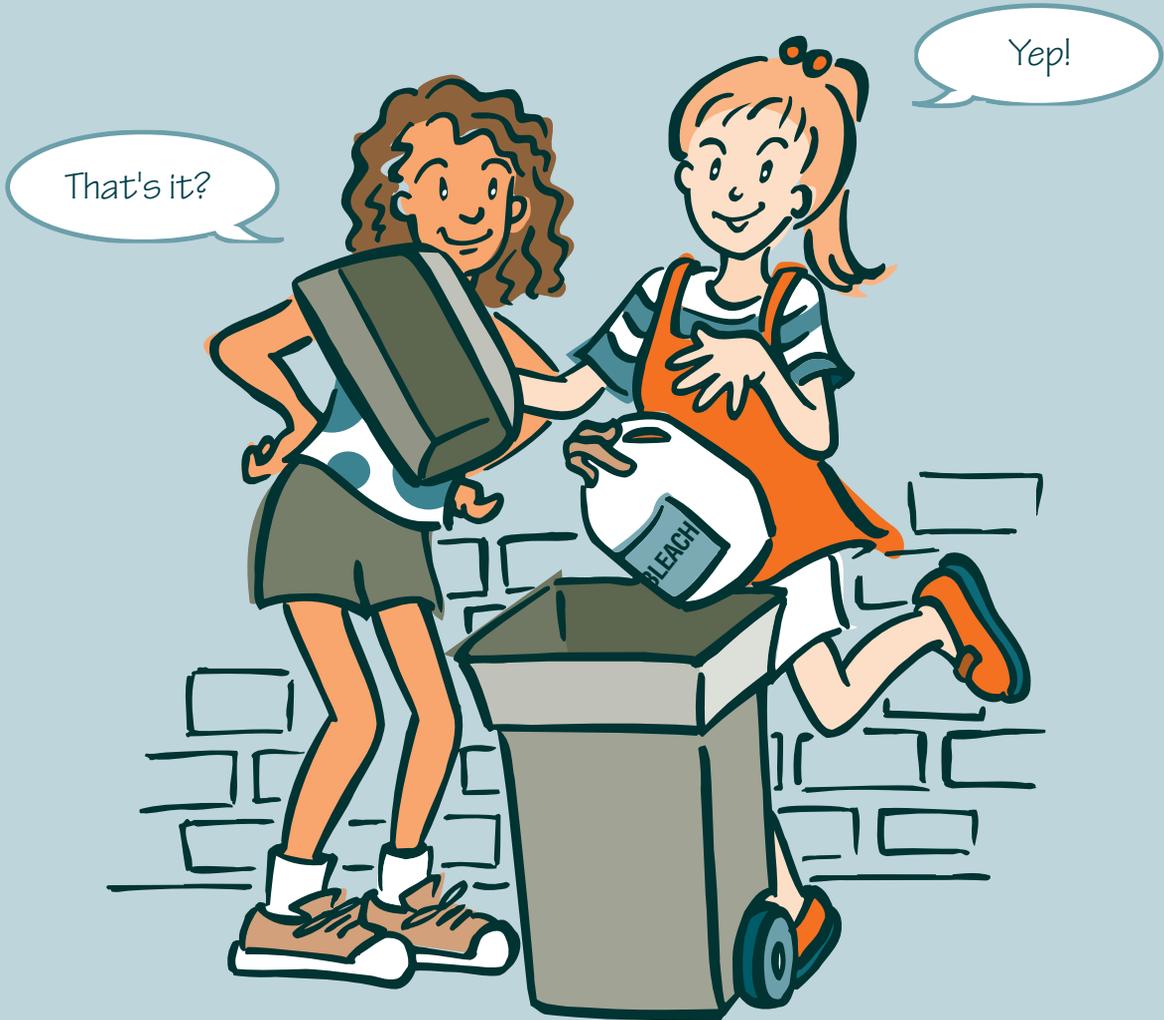
- ✗ Don't use glass containers (they can break), or lightweight plastic containers.
- ✗ Don't use any container that will be returned to a store.
- ✗ If you use a recyclable container to dispose of syringes and lancets, be sure it doesn't end up in the recycling bin by mistake. These items are not recyclable, and could affect the safe and effective recycling of other items in the bin.

Step

2

## Pitch In!

When the container is full, tightly secure the lid and reinforce it with heavy-duty tape before throwing it in the trash. Be sure not to put it in the recycling bin.



# Word Scramble

1. Put your syringes and lancets into a strong \_\_\_\_\_ or  
(CLIPAST)  
\_\_\_\_\_ container and tighten the \_\_\_\_\_.  
(LATME) (DLI)
2. When it gets full, reinforce the lid with \_\_\_\_\_ and throw  
(PETA)  
your \_\_\_\_\_ into the \_\_\_\_\_!  
(RENTANOIC) (SHART)

CUT OUT THE BOTTOM OF THIS PAGE AND KEEP IT NEAR YOUR CONTAINER AS A REMINDER.



## Remember

### Step 1: Put A Lid On It!

After you use a syringe or a lancet, put it **directly** into a strong **plastic** or **metal** **container** with a tight cap or **lid**.



### Step 2: Pitch In!



When the **container** is full and tightly sealed with heavy-duty tape, throw it out in the **trash**. Don't put this container in your recycling bin.

## **Congratulations!**

Now you know how to handle and throw out used insulin syringes and lancets safely.

## **Pass It On!**

Do you know others with insulin-dependent diabetes? Tell them what you've learned about handling and safe disposal of used syringes and lancets. By spreading the word, you can help others keep the environment clean and safe!

For additional copies of this booklet, please call the RCRA Hotline  
Monday through Friday, 9 a.m. to 6 p.m., Eastern time.  
The national toll-free number is 800 424-9346; for the hearing impaired it is TDD 800 553-7672.  
In Washington, DC, the number is 703 412-9810; TDD 703 412-3323.

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