

WHO TO CONTACT

Highland Council TEC Services
Needle Disposal and advice

01463 703154 (office hours)

07748 745968 (out of hours)

Police Scotland

101 for non-emergency

For Drug Information
"Know the Score"

help-line on

0800 5875879

or visit

www.knowthescore.info

For Help with a drug problem
Osprey House

01463 716888

Harm Reduction Service

01463 717594

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&



**NHS Highland,
Harm Reduction Service**

DISCARDED NEEDLES & SYRINGES



**WHAT TO DO IF
YOU FIND THEM**

DISCARDED DRUG-USING EQUIPMENT

Sharing needles and other injecting equipment can increase the risk of blood borne infections such as hepatitis B & C and HIV

Discarded needles and syringes can sometimes carry these infections or cause injury

Needles can be found in public places e.g. the street, parks, gardens, recreational areas or car parks

Protect yourself and others by taking care when a needle is discovered

WHAT TO DO

If you find needles or other equipment, you can prevent injury by getting them disposed of properly

Do not panic

Do not touch needles or syringes

Do not put in a litter bin, drain or flush down a toilet

Be careful of any blood in the area

Contact Highland Council TEC Services to collect any equipment (see "Who to Contact"). Give them details of the items and clear details about the location

IF YOU ARE INJURED BY A NEEDLE

Follow these simple first-aid rules:

Bleed the wound by gently squeezing on the surrounding skin to promote bleeding –

DO NOT SUCK OR SCRUB IT

Wash the area gently with plenty of soap and water

Seek Medical Advice immediately (contact your GP or local Accident & Emergency department)

REMEMBER:

- Bleed
- Wash
- Seek Medical Advice