**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

**Produced by**

Highland Alcohol & Drugs Partnership

&

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.

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**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.

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**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**