

Safe Disposal of Needles

Safe Disposal:

- Recap needle or disable tips. (Note: *Not appropriate if the needle was used by or on someone other than yourself*).
- Place used syringes in a heavy, leak-proof, puncture-resistant container like a liquid laundry detergent container.
- Put lid on container tightly and tape it with duct tape.
- Label the container “Medical Sharps Container”
- Keep the container out of the reach of children.
- Contact your local waste recycling center for proper disposal instructions

You can also call the solid waste disposal department of your city or town for more info.

Know Your Status

Sharing needles and other works can put you at risk for HIV or hepatitis infection.

If you are infected with HIV and or hepatitis C, early treatment can keep you healthy. Testing is quick and easy and can be done by any health care provider.

For the most up to date information for low or no cost testing sites please visit:

<http://www.dhhs.nh.gov/dphs/bchs/std/hivprevention.htm>

DID YOU KNOW?

- ***Each year, about 17,000 Americans become infected with Hepatitis C***
- ***Each year there are an estimate 50,000 new HIV infections in the US.***

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New Hampshire Syringe Access Initiative

Clean Needles are Available



What is the New Hampshire Syringe Access Initiative?

Clean needles are available without a prescription at participating pharmacies.

Since 2001, New Hampshire law* allows for the legal purchase of a hypodermic syringe or needle at a pharmacy without a prescription from a physician.

- You may purchase up to 10 syringes at any one time
- You must be 18 years of age or older
- Pharmacists are not required to participate in this program
- Pharmacy participation in the NH Syringe Access Initiative is optional

Call or visit your local pharmacy for information on hours and participation

Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence and improved health, wellness and quality of life.

<http://drugfreenh.org/recovery/building-a-new-life>



*New Hampshire Law RSA § 318:52-C



Treatment for problems with alcohol or drug use is available. To find a provider in your area visit:

<http://nhtreatment.org/>

Many forms of treatment are now available for those who want to stop using drugs.

- Treatments that help with withdrawal symptoms
- Methadone treatment is legal in NH
- Many insurance programs will cover the cost of treatment
- Doctors and treatments programs can provide more information.

Although substance use is a challenging health issue, treatment is available and recovery is possible!



Other Resources

NH DHHS Bureau of Drug and Alcohol Services

<http://www.dhhs.nh.gov/dcbcs/bdas/index.htm>

<http://nhtreatment.org/resources/>

Information on 12 step programs, recovery, family supports, local resources and support groups

Resource Guide

Listing of state-funded alcohol and drug abuse prevention and treatment programs and other resources related to alcohol and other drugs visit or call:

<http://www.dhhs.nh.gov/dcbcs/bdas/documents/guide.pdf>

Or call 1-800-804-0909 or 603 271-6738

NH Information 211

Information about statewide support & referrals available 24 hours/day, 7 days/week.

Crisis Intervention Services

Crisis intervention services are available 24 hours a day, 7 days a week to any person in the state of New Hampshire who may be experiencing psychiatric distress. If you are dealing with an immediate crisis, please:

- call 911, or
- call the National Suicide Prevention Hotline Lifeline at 1-800-273-TALK (8255), or
- visit the emergency room at your local hospital, or
- contact your local community mental health center.