

Who to contact...

Highland Council TEC Services

- Needle disposal and advice
01463 715087 (office hours)
07748 745968 (out of hours)

Northern Constabulary

- Community Safety Officers
01463 228440

Crimestoppers

- Call 0800 555111 free and
in confidence

Inverness City Centre Management

- *safeinverness* initiative
01463 723534

Drug & Alcohol Information

- Highland Drug & Alcohol
Action Team 01463 704603
- Phone the Highland Drug & Alcohol Information
Line on 0844 848 3778 or the national
"Know the Score" help-line on 0800 587 5879
- Visit www.hdaat.org.uk or
www.knowthescore.info

Produced by

Highland Drug & Alcohol Action Team

Highland Council TEC Services

Northern Constabulary (Inverness Area
Command Community Safety Department)

safeinverness (ICCM)

Designed and printed by MMS Almac 01343 951353



**Discarded Needles
and Syringes -
What to do if you
find them...**

Discarded drug-using equipment

- Drug users who share needles are at high risk of developing blood-borne infections such as hepatitis B & C and HIV
- Discarded needles and syringes can sometimes carry these infections
- If needles are discarded in areas such as children's playgrounds, there can be a particular risk
- It is very important to protect yourself and others by taking care when a needle is discovered

If you find drug-using equipment, such as needles, you can prevent injury by getting them disposed of properly

What to do...

- First of all – don't panic
- Don't touch needles or syringes
- Don't put in a litter bin, drain or flush down a toilet
- Be careful of any blood in the area
- Phone Highland Council TEC Services to collect any equipment (see "Who to contact...")
- Give them details of the objects involved and clear details about the location

If you are injured by a needle...

Follow these simple first-aid rules:

- Gently squeeze the surrounding skin to promote bleeding – do not suck or scrub it
- Wash the area gently with plenty of soap and water
- Seek medical treatment immediately (contact your GP or local Accident & Emergency department)

REMEMBER:

- **Bleed**
- **Wash**
- **See a doctor**