If you find a discarded needle and syringe, follow this advice to protect yourself against a needlestick injury:

* do not be alarmed;
* get a rigid-walled, puncture resistant, plastic container with a well-secured lid, preferably screw top. Avoid using glass which can shatter, aluminium that can be squashed or frosted plastic that may not be puncture-proof;
* bring the container to the needle and syringe, and place on the ground next to the needle and syringe. Do not hold the container as you are putting the syringe in it;
* pick up the used needle and syringe by the blunt end, away from the point. Do not touch the sharp point;
* do not try to put the plastic protective cap back on a needle if it has been removed;
* put the needle and syringe, point first into the container. More than one needle and syringe can be placed in the container, but do not overfill. Do not carry the needle and syringe unless it is in a suitable container;
* make sure the container is tightly sealed;
* put the sealed container in a domestic rubbish bin. Do not put needles and syringes down toilets, in recycling bins or post boxes;
* If you accidently prick yourself with the needle, seek medical advice. Refer 5.6.10