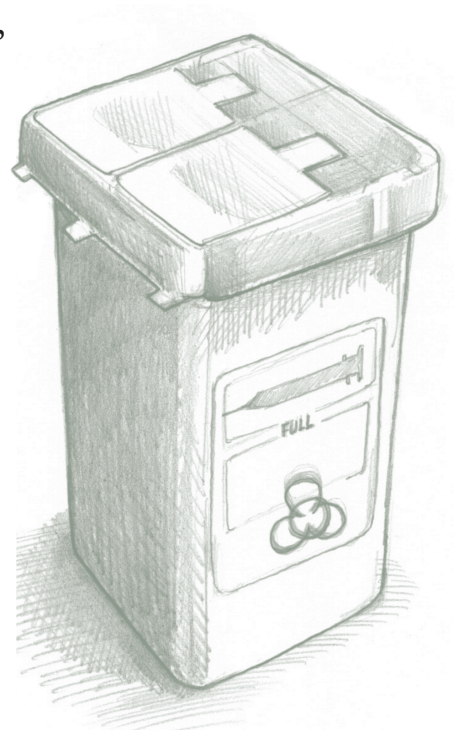


NEEDLE SAFETY

People with diabetes use sharp objects to check blood sugar and inject insulin. These sharp items should be thrown away safely.

You should:

- Always put the syringes and lancets – the piece that pricks your skin to check your blood sugar – in a heavy plastic or metal box with a tight lid or you can get a red “sharps” container at the pharmacy.
- Keep the container in a safe place in your house, away from children. On top of the refrigerator is a good place.
- When the container is filled, tighten the lid and tape it with heavy-duty tape before throwing it out.
- Some cities may allow you to put the container in the trash.
- Check with your local health department or clinic to find out how to get rid of your syringes and lancets.



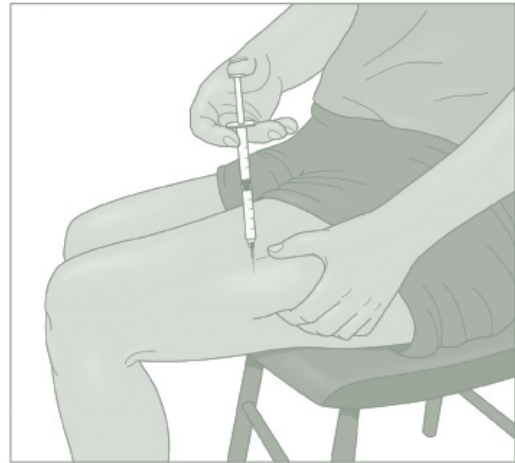
Place label here.

Starting Insulin – a patient guide

NEEDLE SAFETY

Do not:

- Use a container that will allow the needle to punch through the side.
- Use a glass jar.
- Use a container that might go into the recycling.
- Put used syringes or lancets into the garbage or trash unless they are in a special container.



Syringes should be used only once:

- Needles are made for single use.
- Reused syringes are not sterile.

NEVER share used syringes with anyone else. You can pass diseases or spread infection by sharing needles.