What are the risks of touching or being poked by a needle?

Most people will not get sick by picking up or being poked by a used needle, but it’s important to be cautious. Diseases such as Hepatitis B, Hepatitis C and HIV can be transmitted by used needles.

What to do if you get poked by a needle:

- Let the wound bleed as much as possible
- Flush the area with flowing water
- Wash the wound well with soap and warm water
- Call Health Link Alberta at 811 or seek medical attention immediately

Advice for parents of small children

- Talk to children about what discarded needles look like
- Emphasize to your children that if they find a discarded needle, they should not touch it, because they could get hurt
- Make sure your children know that if they find a needle, they should leave it where it is and ask an adult for help
- Ensure small children are wearing shoes if they are playing in areas around spray parks

I found a needle, what can I do?

Always treat a discarded needle as if it is contaminated. If you find one, decide if:

I’m not comfortable or willing to pick it up, or I am unequipped to pick it up, but I want Lethbridge to be clean and safe.
- Cover or mark the location of the needle with an object.

Call the ARCHES Needle Pickup Hotline at 403-332-0722 to provide the location and arrange for pickup and disposal.

I’m willing and equipped to pick it up because I want Lethbridge to be clean and safe.
- I have gloves, tongs or pliers, and a hard sharps container (e.g., strong plastic bottle such as a bleach container or a plastic jar with a lid).
- Put on latex, rubber or leather gloves. Use tongs or pliers to carefully pick up the needle without touching it.
- Put the sharps container (strong plastic bottle, etc.) on a stable surface (do not hold it while putting the needle inside) and put the needle, tip down, into the container and close the lid.
- Do NOT place the container in garbage.
- When you’re finished, wash your hands and/or use hand sanitizer.

Call the ARCHES Needle Pickup Hotline at 403-332-0722

Locations you can take needles for disposal:
- ARCHES, 1206-6 Ave, S.
- Most local pharmacies
Drug and needle debris in public places are a challenging and growing issue for Lethbridge, and our community is not alone. Cities across Canada and the globe are tackling this issue with strategies to ensure communities are as safe and healthy as possible. Needles are used by people with specific health conditions and people with drug addictions. Safe disposal of these needles reduces the chances of injury. Everyone is safer when needles are disposed of properly.
Found A Needle?

This is a needle, it's the same thing as what doctors use to give you a shot. Sometimes, needles can be left on the ground.

If you find a needle, don't touch it! Needles can have harmful germs.

Go and tell an adult right away. They will make sure the needle gets cleaned up safely.

Once the needle is gone, you can get back to playing! Keep an eye out for any more.