

Tuurista Cirbadaha iyo Saliingayaasha La Isticmaalay

Throwing Away Used Needles and Syringes

When you use needles or syringes at home, you need to throw them away safely.

- Use a strong container that has a cap or lid, such as a bleach or detergent jug or a coffee can. Do not use milk cartons or glass bottles. You can also buy needle boxes at your pharmacy.
- Put your needle and syringe in the container right after use. Do not recap the needle.
- Cap the container tightly after each use.
- Keep your container out of the reach of children and pets.
- When the container is $\frac{3}{4}$ full, put the lid on tightly. Use heavy tape like duct, packing or electrical tape to seal the lid.



Marka aad guriga ku isticmaasho saliingaha iyo cirbada, waa inaad si badqab leh u tuurto.

- Isticmaal weel adag oo leh dabool ama koofi, sida warankiilo ama jeeg ama caaga kafeega. Ha isticmaalin kaartoomaada caanaha ama dhalooyinka galaaska ah. Sidoo kale farmashigaaga waxaad ka gadan kartaa bokis cirbado ah.
- Marka aad isticmaasho isla markiiba geli cirbada iyo saliingaha weelka. Cirbada dib ha u isticmaalin.
- Si fiican u dabool weelka kadib marka aad isticmaasho.
- Dhig weelkaaga meel aysan gaarin carruurta iyo xayawaanka.
- Marka weelku $\frac{3}{4}$ oo kamid ah buuxsanto, si adag u dabool. Isticmaal koolo adag sida sajal, xirid ama shorooto koronto ah si aad afka weelka ugu xirto.

- Check with your local pharmacy, trash company or health department about what you should do with the container.
 - Some cities have collection sites at hospitals, clinics, drug stores or fire stations where you can dispose of the container.
 - Your trash company may allow you to set the container out beside your trash. This is so it can be handled safely and not be mixed in with regular trash.
- Waydii farmashigaaga xaafada, shirkada qashinka ama waaxda caafimaadka waxa aad ku sameyn karto weelka.
 - Magaalooyinka qaar waxay isbitaalada, rugta caafimaadka, dukaamada daawooyinka ama xarumaha dabka ku leeyihiin goob aad qashinka ku shubi karto.
 - Shirkada qashinka waxaa laga yabaa inay kuu oggolaato inaad weelka ag dhigto qashinkaaga. Tani waa in loo sameeyaa qaab badqab leh waana inaan lagu darin qashinka caadiga ah.