

Need more info?

Syringe Exchange Program - The CHOW Project

A statewide anonymous program, servicing those who inject illegal drugs, which offers comprehensive services including syringe exchange, drug treatment assistance, and referrals for medical services.

O`ahu 848-2469

Neighbor Islands 1-800-457-0888

Drug Treatment

Contact the CHOW Project above.

STD/HIV Counseling and Testing and Hepatitis A and B Vaccination— Department of Health

O`ahu 733-9281

Maui 984-2129

East Hawaii 974-4247

West Hawaii 322-9705

Kauai 241-3387

Molokai 553-3145

Lanai 565-6411



The information provided in this brochure is a compilation of established guidelines gathered from major national and state organization such as the American Diabetes Association, the Environmental Protection Agency, the State of Hawai`i Department of Health, and various other United States health departments.

STD/AIDS PREVENTION BRANCH DEPARTMENT OF HEALTH

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(808) 733-9010

www.state.hi.us/health/eh/shwb/sw

Safe Syringe Disposal Options

State of Hawai`i



**STD/AIDS PREVENTION
BRANCH
DEPARTMENT OF HEALTH**

Dispose of Syringes and Needles Safely

If you use syringes for diabetes, allergies, other medical conditions, or to inject illegal drugs, properly dispose of them in order to reduce your risk for disease and help protect others. Following are some ways to dispose of used syringes and needles safely:

- If you use needles to inject illegal drugs, exchange them for sterile ones at the CHOW Project, Syringe Exchange Program (see back panel for contact information);
- Ask your medical provider if they will dispose of used syringes and needles for you;
- Community health centers may offer syringe disposal (contact the CHOW Project for the list of centers);
- Purchase a sharps container at a pharmacy for personal disposal; or
- Put used syringes and needles in a plastic bottle, such as a two-liter soda bottle or a laundry detergent bottle. The bottle should be unbreakable and puncture-resistant and should be clearly labeled “**BIOHAZARD**” and “**NOT RECYCLABLE**”.



- If possible, once the plastic bottle or sharps container is nearly full and prior to disposal, fill the container with one part bleach to ten parts water and let soak for 20 minutes. Drain, replace the cap, and secure with tape.
- Dispose of the plastic bottle or sharps container with your household trash.
- Don't put a plastic bottle or sharps container filled with used syringes out with the recyclable plastics.



How to Stay Healthy

Sharing needles, syringes, or injecting equipment, and improper disposal of these items, put people at risk for HIV, hepatitis B, hepatitis C, other serious infections, sores, and heart infections. The following tips are ways you can reduce your risk for disease and help protect others:

- **Always** use a new and sterile syringe and needle every time you inject;
- **Never** share needles, syringes, cookers, cottons, or water;
- **Clean injection site** with soapy water before injecting; and
- **Avoid** injecting into the same spot over and over again.

Protecting Yourself and Others

There are three main things that you can do to protect yourself:

1. **Exchange your needles if you inject illegal drugs.** The CHOW Project, Syringe Exchange Program, provides injectors of illegal drugs across the state with new, sterile syringes in exchange for used ones. Clients can also receive HIV testing, help with entering drug treatment, and referrals to medical care. *All services are anonymous!*
2. **Seek help with substance use.** Drug treatment can help you manage your substance use in a more healthy way or help you stop using drugs completely.
3. **Learn your status.** Get tested for HIV and hepatitis C and ask for a hepatitis B vaccination. If you're not infected, you can stay that way. If you are infected, you can learn how to take care of yourself and avoid passing the infection(s) to others, and get help telling your partners.