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*Information for You from Your Health Care Team*

## Giving an Injection

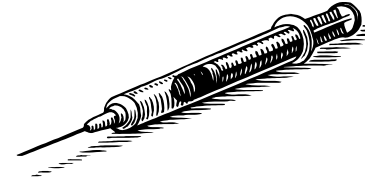


You will be going home on a shot. The drug name, how much you take and the time(s) you give the shot(s) are as follows:

Drug name: \_\_\_\_\_

How much am I taking: \_\_\_\_\_

When do I take my shot(s): \_\_\_\_\_



## Important Facts about giving shots:

- A subcutaneous injection, also called a “sub-Q shot” is given in the fatty areas on your body. When giving your shot it is important to use an area where you can easily pinch some skin.
- Common sites: stomach, upper arms, thighs, hips and buttocks. Avoid swollen, red, or bruised areas. If your stomach is thin use another site.
- If you are giving more than one shot during the day, it is best to change sites often to make sure the drug is being absorbed and the tissue is allowed to heal.

Always have your drug and supplies handy. Keep the drug stored safely as directed.



## Getting Ready For Your Shot

1. Prepare in a well lit place where you can focus.
2. Gather your supplies: alcohol wipes, drug, syringe(s).
3. Check your drug vial. If vial cold or must be mixed, roll between hands, do not shake. Make sure the vial is not out of date.



## Getting Your Shot Ready



1. Wash your hands.



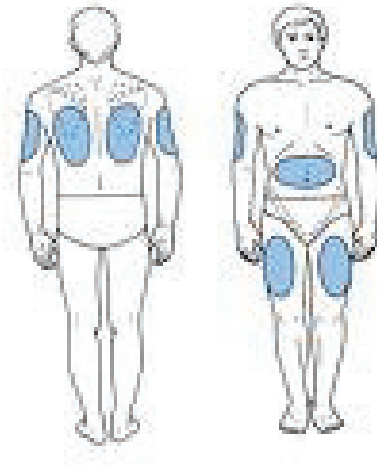
2. Clean stopper with the alcohol prep.



3. Put the needle through the stopper.



4. Turn the vial upside down. Pull the needle down so only the tip pokes through the stopper. Pull the plunger until the syringe is filled with the amount you need.



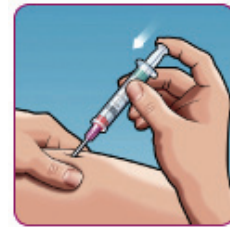
## Giving your shot



1. Clean the site with the alcohol prep. Let dry.



2. "Pinch some skin". Inject at a 45-90 degree angle.



3. Push plunger slowly the and release skin until syringe is empty. Remove needle.

Never reuse your needles or syringes.



Dispose of your syringes and needles safely. You can bring your full sharps container to any hospital or health care facility for disposal.



Notes: \_\_\_\_\_

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Speak Up if You Have Questions

# Needle and Lancet Disposal

Each county has their own disposal systems. The nearby counties are listed below.

Madison

Onondaga

Oneida - Herkimer

Oswego

Jefferson

Cayuga

Lewis

St. Lawrence

Cortland

## **Cayuga County needle and lancet disposal**

Place needle or lancet in a puncture-proof holder such as sharps holder, laundry bottle, or bleach bottle.

These holders Must have screw on lids or the sharps need a top that locks when you receive it.

All holder need to have **Sharps** written on both sides with a no-erase marker, tops need to be screwed on tight, and then taped (brown or duct) to protect the workers

The holders also need the name, address, and phone number.

Call one of the drop off areas listed below to arrange for someone to meet you

Auburn Nursing Home	253 – 7351	Wednesday 10 – 2
Howd Nursing Home	497 – 0440	Tuesday 1:30 – 3: 30
Cayuga County Nursing Home	253 – 7346	Monday 11 – 3 in maintenance
Auburn Memorial Hospital	255 – 7011	Monday – Friday 9 – 3
Mercy Health & Rehab Center	253 – 0351	Monday – Friday 8 – 4
Finger Lakes Center For Living	255 – 7023	Monday – Friday 8 – 4 Saturday 8 – 12

Cornell Cooperative Extension of Cayuga County 315- 255 – 1183 or  
Cayuga@cornell.edu

**All Hospitals and Skilled Nursing Facilities are required by aw to accept properly packaged and labeled sharps at no charge.**

### **Onondaga County needle and lancet disposal**

Place needles/lancets in a puncture-proof holder such as sharps holder, laundry bottle, or bleach bottle.

These holders Must have screw on lids or the sharps need a top that locks when you receive it.

ALL holders need to have **Sharps** written on both sides with a no-erase marker, tops need to be screwed on tight, and then taped (brown or duct) to protect the workers

The holders are to be placed in the household trash & not the blue bins. The needles/lancets are incinerated in Onondaga County

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## **Oswego County needle and lancet disposal**

Place needles/lancets in a puncture-proof holder such as needles/lancets holder, laundry bottle, or bleach bottle. These holders Must have screw on lids or the needles/lancets need a top that locks when you receive it.

All holder need to have **Sharps** written on both sides with a no-erase marker, tops need to be screwed on tight, and then taped (brown or duct) to protect the workers.

Holders may go into household trash.

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## **Madison County needle and lancet disposal**

Place needles/lancets in a puncture-proof holder such as needles/lancets holder, laundry bottle, or bleach bottle. All holders need to have **Sharps** written on both sides with a no-erase marker, tops need to be screwed on tight, and then taped (brown or duct) to protect the workers.

These holders Must have screw on lids or the sharps need a top that locks when you receive it.

Syringe disposal holders are at the Madison County Landfill Office, the Public Health Department, and at Madison County Drug Stores (you may have to pay for these).

Holders may go into household trash or be dropped off at

**Crouse Community Center 684 – 9595 Wednesday only 8 – 12**

**Community Memorial Hospital- Building office**

824 - 6566 Wednesday only 1 – 3

**Oneida Health Care Center – Classroom A 1<sup>st</sup> floor**

363 – 6000 Thursday only 8 – 12

**Stonehedge Nursing Home 687 – 7255 Tuesday only 12 - 2**

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## **Oneida - Herkimer County needle and lancet disposal**

Place needles/lancets in a puncture-proof holder such as needles/lancets holder, laundry bottle, or bleach bottle. These holders Must have screw on lids or the sharps need a top that locks when you receive it. All holders need to have **Sharps** written on both sides with a no-erase marker, tops need to be screwed on tight, and then taped (brown or duct) to protect the workers. The holders are to be placed in the household trash & not the recyclable bins.

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## **Lewis County needle and lancet disposal**

Place needles/lancets in a puncture-proof holder such as needles/lancets holder, laundry bottle, or bleach bottle. These holders Must have screw on lids or the sharps need a top that locks when you receive it. All holders need to have **Sharps** written on both sides with a no-erase marker, tops need to be screwed on tight, and then taped (brown or duct) to protect the workers. The holders need to go to Lewis County General Hospital

Lewis County General Hospital 376 – 5200 Monday – Friday  
8 – 3 pm

Stop at lobby and get directions to Housekeeping Office

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## **Cortland County needle and lancet disposal**

Place needles/lancets in a puncture-proof holder such as needles/lancets holder, laundry bottle, or bleach bottle.

These holders Must have screw on lids or the sharps need a top that locks when you receive it.

All holders need to have **Sharps** written on both sides with a no-erase marker, tops need to be screwed on tight, and then taped (brown or duct) to protect the workers.

The holders are to be placed in the household trash & not the recyclable bins.

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## **St. Lawrence County needle and lancet disposal**

Place needles/lancets in a puncture-proof holder such as needles/lancets holder, laundry bottle, or bleach bottle.

These holders Must have screw on lids or the sharps need a top that locks when you receive it.

All holders need to have **Sharps** written on both sides with a no-erase marker, tops need to be screwed on tight, and then taped (brown or duct) to protect the workers.

The holders are to be placed in the household trash & not the recyclable bins.

Need name, address, and phone number on the sharps holder.

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## **Jefferson County needle and lancet disposal**

Place needles/lancets in a puncture-proof holder such as needles/lancets holder, laundry bottle, or bleach bottle. These holders Must have screw on lids or the sharps need a top that locks when you receive it.

All holders need to have **Sharps** written on both sides with a no-erase marker, tops need to be screwed on tight, and then taped (brown or duct) to protect the workers.

Take to Samaritan Medical Hospital to the switch board.

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**Speak Up if You Have Questions**