

Be Safe with Sharps!

A guide to safe disposal of diabetes-related waste

Managing diabetes often requires the use of sharp objects like lancets, needles, and continuous glucose monitor pins. Safe disposal of these items is vital to prevent injuries, protect the environment, and keep everyone safe!

If you need help accessing or understanding this information, contact AHS.VDHPublicCommunication@vermont.gov.

You can safely throw away your diabetes sharps with these simple steps

Place sharps in a safe container



- Choose a sturdy, plastic container with a secure lid (an empty laundry detergent bottle works well).
- Do not overfill the container.
- Store the container out of reach of children or pets.

Prepare the container for disposal



- When full, secure the container lid using sturdy tape, such as duct tape.
- Clearly label the container as "Sharps Waste."
- Clearly label the container as "Do Not Recycle"

Safely dispose of the container



- Once secured and labeled, you can throw away your container in the regular trash.



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