

Tuurista waxyaabaha afka leh (wax goyn kara)

Waa maxay waxyaabaha afka leh?

Waxyaabaha afka leh waa siliishyada la isticmaalay, cirbadaha, cirbadaha qalinka ee daawada macaanka lagu isticmaalo, iyo quruuradaha soo hadha marka cirbado la isku duro. Haddii daawooyin cirbado ah ku qaadato ama ku siiso qof guriga, waxaad u baahan tahay inaad taqaano sida qaab badbaado leh oo sharci ah loogu tuuro/xooro waxyaabaha afka leh.

Sidee baan u tuuri karaa waxyaabaha afka leh ee aan isticmaalo?

Waxa aanu ku talinaynaa in aad guriga ku isticmaasho “weelka waxyaabaha afka leh” (hoos ka eeg). Waxyaabaha afka leh waxay sisi karaan jeermis dhalin kara cuduro. Magaalooyin/degmooyin badan, waa ka sharci darro inaad waxyaabo afka leh ku riddo haamaha qashinka xaafadaha.

Marnaba waxyaabaha afka leh iyagoo iska furan qashinka ha iskaga dhex tuurin ama musqusha ha ku biyo raacin.



1. Baro weelka qashinka la isticmaali karo.

Ka soo hubi magaaladaada marka hore, dabadeedka ka soo eeg degmada si aad u ogaato inay jiraan xeerar ku saabsan qashin ku darista waxyaabaha afka leh. In kastoo ikhiyaarka ugu fiican yahay weelka loo ansixiyay qashinka afka leh, magaalooyinka qaar ayaa ogolaada weelal ku meelgaar ah sida caagadaha laga dhameysto waxyaabaha nadaafadda.



2. Diyaar oo afka ka xir koontaynar ¾ buuxa. Gee xarrun loogu talagalay qashinka (eeg bogga xiga).

Ama koontaynarka la diyaar ku rid weelka qashinka guriga haddii magaaladaada laga ogol yahay.

Magaalada Seattle iyo guud ahaan Degmada Snohomish **lagama** ogola in waxyaabaha afka leh noocay doonaan ha ahaadaane lagu rido weelka qashinka.



Si Aad Wax Badan u Ogaato

- Ocean Pharmacy (Farmeesiga Ocean) 206-987-2138
- Waydii bixiyaha daryeelka caafimaadka ee ilmahaaga
- seattlechildrens.org

Adeegyada Turjumaadda ee Bilaashka ah

- Marka aad joogtid isbitaalka gudihisa, ka codso kalkaaliyahaaga.
- Marka aad joogto bannaanka isbitaalka, ka soo wac Khadka Turjumaadda Goyska ee Bilaashka ah, lambarka, 1-866-583-1527. U sheeg turjumaanka magaca ama faraca aad rabto.

Waa maxay weelasha ugu rido waxyaabaha afka leh?

Weelaasha waxyaabaha afka leh caadiyan waa weelal caag ah oo ay ku qoran tahay kelmadda “af leh/wax goynaya” iyo calaamadda khatar dhibaatooyinka waxyaabaha noolaha ka dhasha si loo aqoonsado inay ku jiraan waxyaabo khatar yeelan kara (eeg sawirka dhanka midig ku yaalla). Qaabkani waa habka ugu badbaadada badan ee loo soo uruurin karo waxyaabaha afka leh loona xoori karo marka guri la joogo.



Halkee baan ka heli karaa weelka cas ee waxyaabaha afka leh?

Farmeesiyada: Soo waydii farmeesiga aad ka qaadata daawooyinka iyo siliishyada ilmahaaga. Farmeesiyo badan ayaa gada weelalka lagu rido waxyaabaha afka leh ama siiya macaamiishooda. Seattle Children’s Ocean iyo Farmeesiyada Bukaansocodka Forest (Forest Outpatient Pharmacies) waxay marka ugu horreysa bukaanada qaadanaya cirbado ama siliishyo siiyaan weelka lagu guro qashinka afka leh.

Interneetka: Ka eeg [sharpsdisposal.com](https://www.sharpsdisposal.com) ama khadka ka raadi barnaamijyada boosto ku soo celinta ee bixiyaha weelal lagu rido qashinka afka leh iyo adeegyada qaadista oo khidmad yar kugu fadhigi doona.

Bixiyahaaga adeega daryeelka caafimaadka: Waydii bixiyaha adeega daryeelka caafimaadka ilmahaaga halka aad mid ka helayso iyo halka aad ku tuurayso weelka kaa buuxsana.

Sidee baan weelkayga ugu diyaarin karaa inaan qashinka ku daro?

- Raac dhammaan tilmaamaha ku yaalla weelka rasmiga ah ee waxyaabaha afka leh si aad afka ugu xirto. Haddii aad isticmaalayso weel macmal ah (caag laga dhammeystay shaambada ama waxyaabaha kale ee nadaafadda), hubi inaad si fiican daboolka ugu gijjiso.
- Weel kasta oo macmal ah ku calaamadi “waxyaabo af leh” ama “khatar caafimaad” oo far waawayn ah.

Goobaha lagu rido qashinka waxyaabaha afka leh ee gobolka Washington

Magaalo/degmo kasta waxay leedahay habab u gaar ah oo waxyaabaha afka leh qashinka loogu daro. Waxaad u baahan doontaa inaad ogaato ikhtiyaarada ama hababka laga helo magaaladaada. Wixii macluumaad dheeraada ah ee ku saabsan habka badbaadada leh ee loo tuuro cirbadaha ee Maraynka dhexdiisa, booqo [safeneedledisposal.org](https://www.safeneedledisposal.org). Geli siib koodhkaaga si aad u hesho hababka aad isaga xoori karto iyo meelaha qashinkaas la dhigayo.

Khadka Macluumaadka Dibu warshadaynta iyo Tuurista Qashinka Adkaha ee Magaalada Seattle 206-684-8400

- Goobaha qashin qubka Barnaamijka Uruurinta Waxyaabaha Afka leh ee Seattle seattle.gov/utilities/protecting-our-environment/safe-and-clean-seattle/sharps-collection
- Xarunta Dibumarshadaynta iyo Qashin Qubka ee Waqooyiga- 1350 North 34th Street
(Kuu taalla Fremont/ aagga Wallingford)
- Xarunta Dibumarshadaynta iyo Qashin Qubka ee Koonfurt - 130 South Kenyon Street

Waaxda Caafimaadka Dadwaynaha ee Degmada King (King County Public Health)

- Barnaamijka Beddelaadaha Cirbadaha 206-263-2000
- Habka sharciga iyo aaminka ah ee qashinka loogu daro waxyaabaha afka leh kingcounty.gov/sharps

Waaxda Maareynta Qashinka Adkaha iyo Waxyaabaha afka leh ee Degmada Snohomish

Ma jiro adeeg qashinka qaada ama kuwa degmada qashinka ka gura ama xarumo loo wareejiyo. Tag safeneedledisposal.org/states/Washington/ Geli siib koodhkaaga si aad u hesho liiska farmeesiyada la dhigo waxyaabaha afka leh.

Si aad u hesho xarumaha waxyaabaha afka leh lagu tuuro, eeg websaydka Waaxda Caafimaadka Gobolka Washingto:

Ku dhufo degmadaada si aad u hesho waaxda caafimaadka ee xaafadaada ka shaqaysa (awoodda u leh):

doh.wa.gov/AboutUs/PublicHealthSystem/LocalHealthJurisdictions

Isticmaal kelmadaha raadinta: qashinka waxyaabaha afka leh, barnaamijka iswaydaarsiga cirbadaha, qaadista qashinka khataraha caafimaad leh, habka habboon ee loo tuuro cibradaha, metro[city].gov, xarumaha qashinka dib loogu sanceeyo ama lagu qubo.

Disposal of Sharps

What are sharps?

Sharps are used syringes, needles, detachable insulin pen needles, and vials left over after giving injections. If you give injections at home, you need to know how to dispose of your sharps safely and legally.

How do I dispose of my used sharps?

We recommend that you use an approved “sharps container” in the home setting (see below). Sharps can carry blood that may have germs that cause disease. In many counties/cities, it is against the law to throw away sharps in household garbage cans.

Never throw sharps loosely into the trash or flush them down the toilet.



1. Know what disposal container is acceptable.

Check with your city first, then county to see if it has sharps disposal rules. While an approved sharps container is best, some cities allow the use of makeshift containers like empty plastic detergent bottles.



2. Prepare and seal ¾ full container. Take it to an approved disposal location (see next page).

Or dispose prepared container in the household trash bin if allowed by your city.

The city of Seattle and all of Snohomish County **do not** allow any kind of sharps disposal in a trash bin.



What are sharps containers?

Sharps containers are usually red plastic containers labeled with the word “sharps” and a biohazard symbol to identify the contents as a potential danger (see photo on right). This is the safest method for collecting and storing used sharps in the home.



Where can I get a red sharps container?

Pharmacies: Check with the pharmacy where you get your child’s medicines and syringes. Many pharmacies sell sharps containers or provide them for customers. Seattle Children’s Ocean and Forest Outpatient Pharmacies have sharps containers for patients picking up needles or syringes for the first time.

Internet: Check sharpsdisposal.com or search the web for mail-back programs that provide sharps containers and pick-up service for a small fee.

Your health care provider: Ask your child’s healthcare provider where to get one and where to dispose of a full container.

1 of 2

To Learn More

- Ocean Pharmacy
206-987-2138
- Ask your child’s healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

How do I prepare my container for disposal?

- Follow all directions on the official sharps container to close and seal it. If you are using a makeshift container (empty liquid laundry detergent jug), be sure to tape the lid securely.
- Label any makeshift container with the big words “sharps” or “biohazard.”

Locations for sharps disposal stations in Washington state

Every city/county has different options for sharps disposal. You will need to find out what options are offered in your city. For more information on safe needle disposal around the U.S., visit safeneedledisposal.org. Enter your zip code to find your disposal options and drop off sites.

City of Seattle Solid Waste Recycle and Disposal Information Line 206-684-8400

- Seattle Sharps Collection Program drop sites
seattle.gov/utilities/protecting-our-environment/safe-and-clean-seattle/sharps-collection
- North Recycling and Disposal Station - 1350 North 34th Street
(Located in the Fremont/Wallingford area)
- South Recycling and Disposal Station - 130 South Kenyon Street

King County Public Health

- Needle Exchange Program 206-263-2000
- Safe and legal disposal of sharps
kingcounty.gov/sharps

Snohomish County Solid Waste Management Sharps Disposal

No disposal service through the county garbage pick-up or transfer stations. Go to safeneedledisposal.org/states/Washington/ Enter your zip code for a list of drop off pharmacies.

For other counties' sharps disposal sites, see the Washington State Health Department website:

Click on your county to find your local health department (jurisdiction):
doh.wa.gov/AboutUs/PublicHealthSystem/LocalHealthJurisdictions

Use the keywords: sharps disposal, needle exchange programs, biohazard waste disposal, safe needle disposal, metro[city].gov, recycling and disposal stations.