

## Where to get injection supplies

- Family Tree Clinic - we sell supplies for 25¢ per syringe & needle
- Some pharmacies sell injection supplies without a prescription (call your pharmacy to ask)
- Online in bulk: medical sites such as Vitality Medical Supplies, Medlab Gear, GPZ Med Lab, Allegro Medical, etc. or Amazon
  - Make sure to buy the right gauge and length of needles and that they come sterile in single packaging

FREE hormone injection supplies available at:

### **MN Transgender Health Coalition Shot Clinic & Syringe Exchange**

730 38th Street, Suite 108  
Minneapolis, Minnesota 55407  
(612-823-1152)  
Thurs 3pm - 5pm, Fri 4 - 6pm,  
Sat 3 - 5pm

### **Red Door Clinic syringe exchange**

Health Services Building, 525  
Portland Ave, 4th Floor,  
Minneapolis, MN 55415 (612-  
543-5555)  
Mon - Wed 8am - 4pm, Thurs  
10am - 4pm, Fri 8am - 4pm

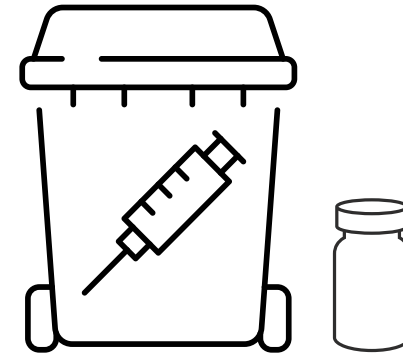
### **Southside Harm Reduction Services**

Will deliver within Minneapolis  
or meet on the city border. Text  
612-615-9725 before 2pm on  
the day you want delivery.  
Mon - Wed 2pm - 8pm

### **Rainbow Health Mainline syringe exchange**

All God's Children Metropolitan  
Community Church, 3100 Park  
Ave, Minneapolis, MN 55407  
(612-919-7788)  
Mon 1pm - 5pm, Tues 10am -  
2pm, Thurs 11am - 1pm & 2pm  
- 5pm, Fri 10am - 2pm

# Sharps/Vials Disposal Guide



1919 Nicollet Ave  
Minneapolis, MN 55403  
612-473-0800

## What are sharps containers?

A sharps container is a safe, puncture resistant plastic container to put used sharps (needles and syringes) after you are done with them. You can either purchase a sharps container or make your own.



### An alternative sharps container should be:

- Made out of heavy-duty, puncture resistant plastic such as a laundry detergent bottle
- Able to sit upright
- Have a leak resistant cap that screws closed completely and sharps cannot come out (tape the cap closed before disposal to make sure it is secure)
- Labeled with “contains sharps do not recycle” on the outside



Do NOT use plastic bags, ZipLoc bags, metal or glass containers, or thin plastic such as water bottles/milk jugs, etc.

## Where can I buy sharps containers?

- Family Tree Clinic - \$5 for larger size (5 quart) or \$3 for smaller size (1 quart)
- Online: Amazon, Stericycle, and usually any online medical supply sites where you can buy syringes/needles. They range in sizes from 1 quart to multiple gallons.
- Over the counter at pharmacies/drug stores (call your pharmacy to ask or check their website)

## How to safely dispose of sharps containers

**Label** - Use a marker to label the container “CONTAINS SHARPS DO NOT RECYCLE” if using an alternative sharps container. Official sharps containers do not need to be labeled.

**Dispose** of the container when it is ½ to ¾ full.

**Bring to** a safe sharps disposal location such as:

- Family Tree Clinic
- Some pharmacies (call your pharmacy to ask)
- A syringe exchange (see back)
- Your county’s recycling/waste center (proof of residency will be required)
- Mail in programs - some sharps containers are sold with a box and return label to mail back the sharps container for disposal once full.
- Find disposal options near you at [safeneedledisposal.org](http://safeneedledisposal.org)
- Do NOT dispose of sharps or sharps containers in the trash, recycling, or toilet.

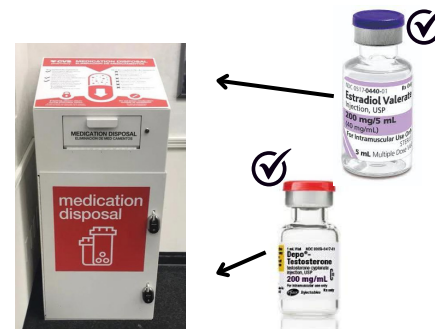


## How to safely dispose of medication vials

**Single-use Vials** - One use only, then dispose

**Multi-use Vials** - Use for 28 days, then dispose

Most pharmacies such as CVS, Walgreens, etc. have a drop box where you can dispose of medications. Find an interactive map for more medication drop off locations here: [google.com/maps/search/drug+disposal](https://www.google.com/maps/search/drug+disposal)



Please note: These drop boxes are for the medication vials only, not sharps or sharps containers.