

EXPANDED SYRINGE ACCESS PROGRAM

E S A P

With **ESAP**
(Expanded
Syringe Access
Program), you can
buy up to 10 syringes
without
a prescription
at participating
drugstores
throughout
New York State.

Safe Disposal of Used Sharps

- ◆ Put used sharps (needles, syringes, and lancets) in a sharps container or a puncture-resistant, unbreakable plastic bottle (for example, a bleach or laundry detergent bottle).
- ◆ Close the screw-on top tightly. You may want to tape it as well. Label the bottle, "Contains Sharps."
- ◆ Keep the container in areas that are child and pet-proof (for example, a high, closed cupboard).
- ◆ Hospitals and nursing homes collect used sharps for safe disposal. Call your local hospitals and nursing homes to find out when and where you can drop off used sharps.
- ◆ Check with your local health, sanitation, or public works department or trash collector before you dispose of sharps in your household trash.
- ◆ **Do not put a plastic bottle containing sharps in with the recyclable plastics.**
- ◆ To find out more about sharps disposal and locate disposal/collection sites near you, call the Growing Up Healthy Hotline at: **1-800-522-5006**



State of New York
Eliot Spitzer, Governor
Department of Health
Richard F. Daines, M.D., Commissioner

Your flight home is cancelled

You're out of syringes

You can't reach your doctor

How do you
control your
diabetes?



Don't panic:

E S A P
can help!

What is ESAP?

ESAP (Expanded Syringe Access Program) is a program in New York State through which anyone 18 or older can buy up to 10 syringes, without a prescription, at any pharmacy that is a registered ESAP provider.

“ I try to be prepared...

...by bringing extra diabetes supplies with me when I travel. And I talk with my health care provider before a trip to plan how I will stay on schedule with my meals and insulin. Still, things don't always go the way you plan!

With ESAP, I always have a backup:

10 syringes without a prescription.”



How can I find an ESAP pharmacy?

- ◆ Ask your pharmacist if he or she participates.
- ◆ Some participating pharmacies display this logo:



- ◆ Ask your doctor or other health care provider.
- ◆ Call the Growing Up Healthy Hotline at 1-800-522-5006 and ask for a list of ESAP pharmacies in your county.
- ◆ Visit the New York State Department of Health website for a list of ESAP pharmacies by county at:
www.nyhealth.gov/diseases/aids/harm_reduction/needles.syringes/esap/provdirect.htm

How can ESAP help me?

- ◆ If you find yourself without a syringe, buying syringes through ESAP can help you take your insulin on schedule until you can get a prescription.
- ◆ You won't have to reuse syringes and needles while you wait to have a prescription filled or re-filled.

Be sure to follow up with your doctor or health care provider.

“ **Being able to get syringes without a prescription really helped me when I was in a pinch.**

I thought I was just going out of town for the day... but a snowstorm had other ideas!

I was stuck for the weekend—with only one syringe. Luckily, there was an ESAP pharmacy just around the corner.”



Where can I get more information?

About diabetes: 1-800-DIABETES

About ESAP: 1-800-522-5006
(Growing Up Healthy Hotline)
ESAP@health.state.ny.us

About sharps disposal:

http://www.nyhealth.gov/diseases/aids/harm_reduction/needles_syringes/sharps/directory_sharp_collection.htm