

FIND THAT VEIN

for comfort and safety

- Tying off helps! Remove the tie after the needle is in and before you shoot.
- Gravity helps! Let your arms hang or make a fist.
- Body heat helps! Keep your body warm or shoot in a warm environment.
- Take your time! Don't waste veins by rushing unless you have no choice.
- Light helps! Shooting in an area with lots of light will help you see and hit a vein.

WHAT'S THE POINT?

- Hitting an artery may hurt and can kill you. **Pull out!**
- Hitting a nerve will hurt you badly. **Pull out!**
- Missing a vein completely will totally waste your shot and can cause nasty infections. **Pull out!**



Helping promote safe syringe use and disposal to reduce the spread of Hepatitis C and HIV.

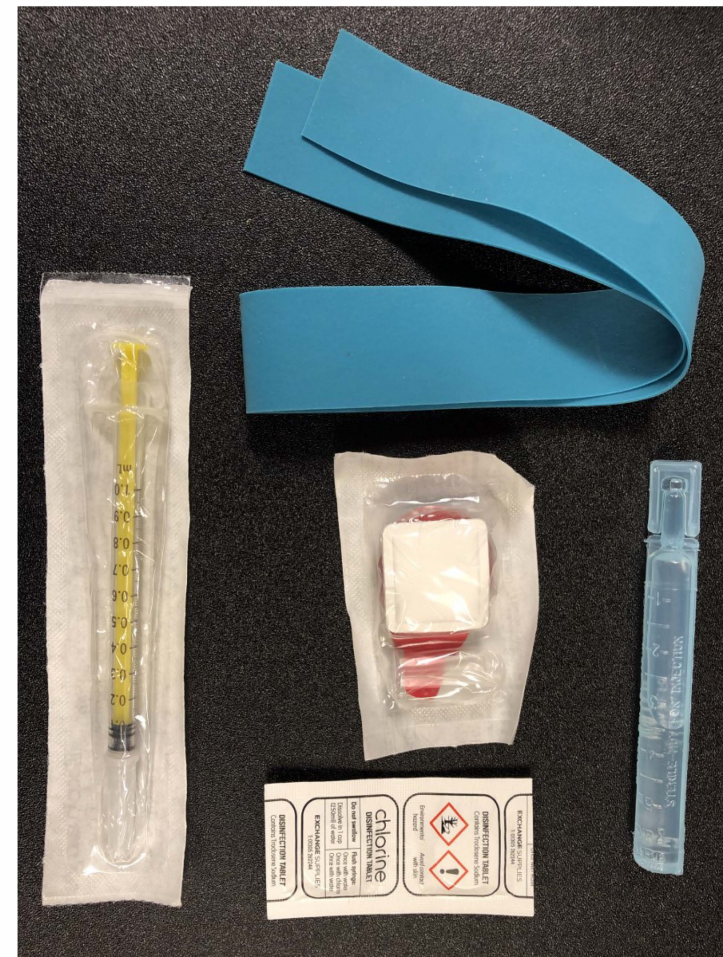
*Everyone's health is important.
That includes YOURS!
We are here to support you.*

For additional tips visit:

<https://harmreduction.org/issues/drugs-drug-users/drug-information/safer-injection-materials>

FACTS ABOUT SAFE INJECTION PRACTICES

Tips to help you be well



Use a clean needle for each injection whenever possible.

AIM FOR A VEIN

how to know you hit one

- The blood is dark red in color. Pull back on the plunger a little to see it. Blood from the veins **never** comes into the syringe on its own.
- You hit a spot that you can see on the surface of your skin. Arteries are much deeper.

YOU HIT AN ARTERY IF...

- The blood is bright red in color.
- It might hurt a lot.
- It has a lot of force behind it--meaning it will come into the syringe without pulling back on the plunger or flow with a heartbeat.

If any of these things happen, PULL OUT!

Apply pressure to the site and hold above your heart if possible. If the bleeding doesn't stop call 911.

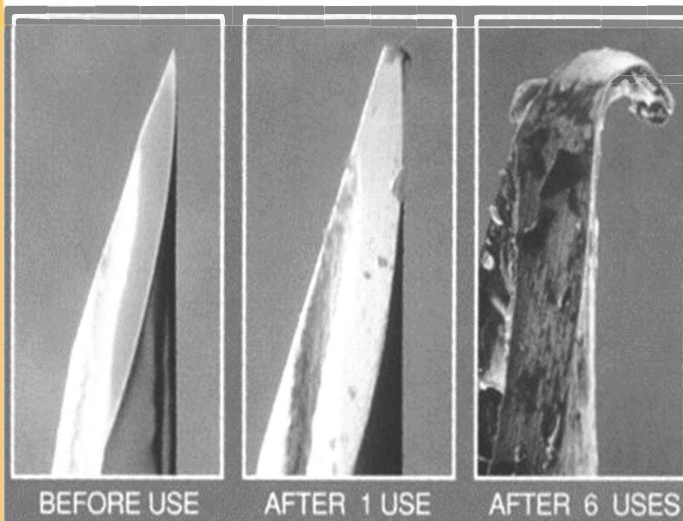
YOU HIT A NERVE IF...

- It hurts a LOT!
- No blood comes into your syringe when you pull back on the plunger

If any of these things happen, PULL OUT!

WHY CLEAN NEEDLES?

understanding the benefits



Needles become dull with just one use. Using a clean needle every time can help to prevent:

- Skin infections
- Vein damage
- HIV and Hepatitis C (when sharing equipment)

If you must reuse equipment, mark yours and clean with bleach.

- Rinse syringe with sterile water
- Rinse the syringe with bleach
- Rinse with new sterile water

ROTATING SITES

to let your veins heal

Rotating sites means letting one spot where you've shot up heal while you use another

When you stick a needle into your vein it leaves a hole that needs to heal. Since this takes a few days, it's important to find another spot to use.

WHAT IF I DON'T?

- Collapsed vein (total loss of vein)
- Leaky veins = wasted shots
- Infections or abscesses
- Serious problems from a blood clot pushed into your bloodstream. The clot can get stuck places in your body,

HOW CAN I DO IT?

Alternate veins whenever possible.

- If you use the same vein, shoot a spot closer to your heart from your last shot. This means you shouldn't push blood clots into your bloodstream.
- Practice injecting with your other hand in your other arm. This will give more options.