GET PREPARED

Being prepared for injection drug use is extremely important and could potentially prevent any mistakes in the process.

Be aware of your:

Environment
Some places are safer for injections than others. Plan for a safe place that is clean and free of interruptions.

Support System
Know the people that you inject with. Try to find people you can trust. It is important to have support from others so you are not using alone.

Exchange Central

Visit Exchange Central for access to sterile needles, supplies, and a place to dispose of used sharps. STD/HIV testing is also available upon request.

Visit our website for dates and more information!
exchangecentral@cmdhd.org

www.cmdhd.org

Reminders:

- Clean your hands with soap and water
- Use sterile supplies as much as possible
- Prepare a clean surface for supplies

Contact us for information.

(989) 773-5921 ext. 1240
815 N Clare Ave Suite B
Harrison, MI 48625

TAKE CARE OF YOUR VEINS

TIPS FOR SAFE INJECTION
What can happen to your veins?

It is important that when injecting to stay calm, alternate veins used, and use a sterile needle as much as possible.

If you don't let your veins heal, you are at higher risk for the following:

- Collapsed veins
- Abscesses
- Weak, leaky veins (wasted hits)
- Infections
- Blood clots

What could you do?

- Plan ahead
- Rotate injection site
- Inject only into the surface of the vein
- Remove the needle the same direction it went in

SAFE INJECTION TIPS

Injecting correctly helps you avoid infections and collapsed veins. Follow these steps:

1. Wipe your skin in one direction with alcohol or an antiseptic wipe. Allow it to dry.
2. Find the vein before you shoot. To make your veins visible, tie off your arm above the point of injection.
3. Point the needle toward the heart when injecting.
4. Don't dig for veins. When you've found a vein, blood should appear in the barrel of the syringe after pulling back slightly on the plunger. If blood doesn't appear, pull out and try again.
5. Apply triple antibiotic cream to the injection site once finished to help reduce infection.
6. Rotate injection sites to reduce damage to your skin and veins.

Know Your Veins

The arms are the safest place for injecting. Start with the upper arm and move your way to the lower arm. Be sure to secure shifting veins before injecting.

The veins below are in order of most safe for injection:

1. Median Cubital vein
2. Cephalic vein
3. Basilic vein