

LET'S GET YOUR PRORITIES STRAIGHT!

- 📍 **WHERE** are you using? Get someplace comfortable where you can take your time vs. someplace you have to be sneaky and finish fast
- 📍 **WHAT** you are using? If you're on a big coke run, you are going to use your hit spots more than if you are getting your dope fix
- 📍 **WHO** are you using with? Are you using by yourself? This means you're going to hit yourself someplace you can reach. Does the other person know what they're doing?
- 📍 **ARE** you frustrated? You want to get high, and if you get really frustrated, it can make you impulsive! The truth is, sometimes you are going to be sick, and you want to be well FAST. Factor this in when you make your plans.

These things will all affect how you pick your spots. But each spot has its risks, and you need to think about those too!

The best way to avoid abscesses, overdose, Hepatitis C, HIV, or other health conditions is to stop using. You can always ask a staff person for information or assistance on safe practices for drug use, treatment, and safe sex practices.

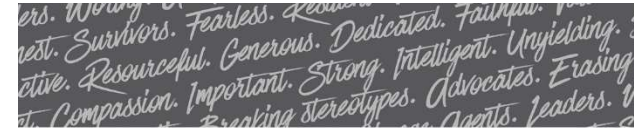
LIFEPOINT SYRINGE ACCESS PROGRAM

Vivent Health
1311 N 6th St
Milwaukee, WI 53212
(414) 225-1608

***HIV, Hep C, and STI Testing Available**

LEVELS OF RISK

Picking a Spot to Hit? Know the Risks!



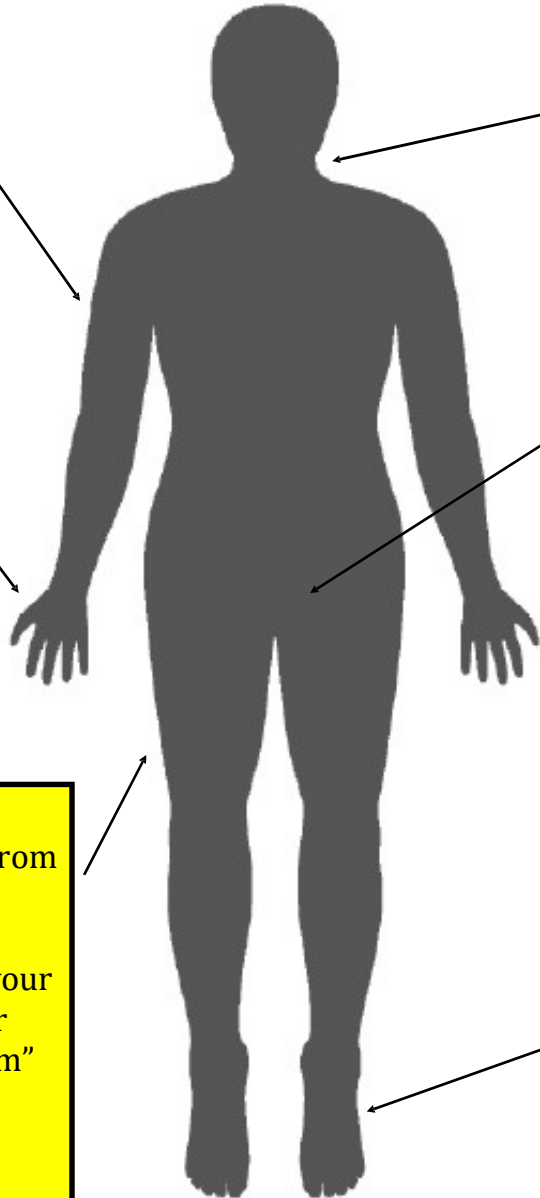
SUPER IMPORTANT! If you feel a pulse, that's an artery!! Never hit an artery! It's really dangerous.

The farther away from your heart, the weaker the circulation. Veins in the hands and feet heal more slowly, so it's easier to totally blow them if you use them a lot.

Arms: lowest risk, best choice. Upper arm is better than lower. Why? It's closer to the heart. Taking good care of your arm veins pays off: You don't have to get off in harder, riskier places.

Hands: relative low risk. Lots of rollers here, it can be harder than you think to get a good shot! If you scar or track here, you can't hide it. If you blow veins here, your hands can stay swollen. Use the narrowest needle you can get here! Let your spot heal between uses.

Legs: medium risk. Why? Circulation problems. Blood in your legs is a long way from your heart. Plus, getting off in your legs is more likely than your arms to leave blood clots that could break off and get stuck in your heart or lungs. Bad. Every time you nit near where you hit on your legs, hit "downstream" (closer to the heart) from the last spot, so you don't disturb a spot that is healing.



Neck: HIGH RISK! Why? The carotid artery is here. Hit this and you could die. Total last resort!

Groin: HIGH RISK! Why? The femoral vein is big and fairly easy to find. But it's really close to the femoral nerve and artery. Be sure to avoid the artery by checking for a pulse. If you feel it, don't hit there! Move a short distance toward the inside of your leg to find the vein. You may not see it. Don't try to hit here unless you really know how to hit "blind."

Feet: medium risk. Veins here take a long time to heal. Circulation here is super slow. Plus, it's hard to keep a healing spot clean when you wear shoes and socks. Remember: you NEED your feet. Lose them and you're screwed!!