

REALITY CHECK

Everyone's body is different, and you can't always find a vein when you want one.

- Unfortunately, women's veins can be harder to hit.
- **Sometimes** it's important to get off fast.
- Sometimes you're in a hurry because you're someplace risky.

But, if you've managed to get the drugs and the needle, then you know how to think on your feet. Take time to get your technique down. Don't chew up your veins!

If you miss a shot:

- Soak the spot in warm water or put a heating pad on it for a while. Heat helps circulation, so the shot won't be totally wasted, and the chance of an abscess is smaller.
- Don't put oils or creams on the spot until the wound has started to close. Wait a couple hours. Putting cream on too soon can cause infections and scarring (even if the cream is supposed to help with scarring).

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

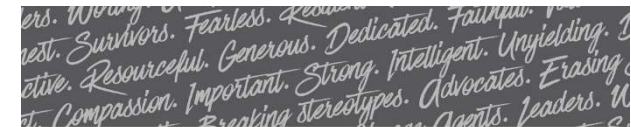
Vivent Health
1311 N 6th St
Milwaukee, WI 53212
(414) 225-1608

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

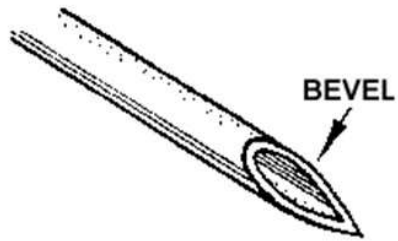
Adapted from resources created by the Harm Reduction Coalition

THE RIGHT HIT: GOOD NEEDLE INSERTION

Save your veins.
Save your shot.
Prevent track
marks, bruises,
and abscesses.



GET TO KNOW YOUR NEEDLE



The tip of the needle is slanted. It's called the "bevel." When you want to hit a vein, the best shot is with the bevel facing **UP**.

Like this!



Check out the angle!

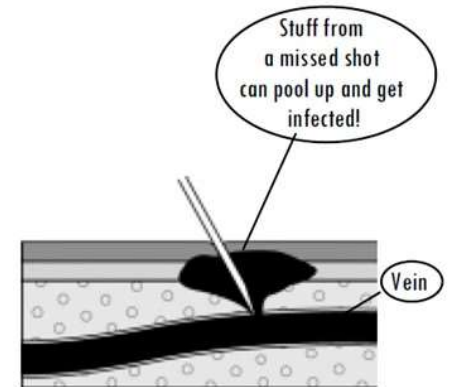
The shaft of the needle lays close to the skin. This is the best angle to get a vein.

The straighter down you point the needle, the bigger chance the needle will go straight **through** your vein. That's bad for your arm, wastes your time, and your shot.

Insert the needle at a **gentle** angle. It's gentle on your veins.

GETTING THE RIGHT HIT

A missed shot can get infected and cause an abscess. This can happen when your vein leaks too. Getting the shot right saves a lot more than the shot.



This is especially true with speed and coke. By itself, heroin won't give you an abscess, but the **cut** of the dope might. The cut tar in heroin is one to be concerned about. If you shoot tar, take extra care to get the shot in a good vein.

The fact is, getting a good shot is a skill. You learn by doing. A lot of the time, you can't see your veins, and you go by the feel of it.

Go in **SLOW!** Injecting into a vein is difficult, risky, and there's no point in doing it if you don't get it right.

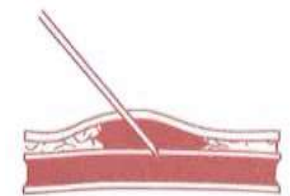
Tying off can really help. But once you find a vein, take the tie off. **Shooting into a vein with a tie on can make the vein collapse!**

Give your spot a rest after you use it. Give it a chance to heal. Hitting in the same spot over and over will likely blow the vein.

Too far too fast! Needle goes right



Not in far enough! Shot leaks, causing abscesses and bruising.



Bevel is up against the side of your vein! You won't get a register. Try pulling the needle back just a little.

