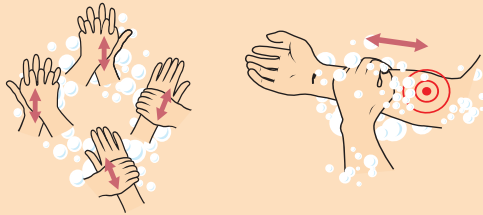


SAFER INJECTING

1 HYGIENE

Wash your hands and the place you are going to inject. Use soap or an alcohol swab.



2 WORKS

Always use new sterile equipment. Do not share or borrow anything you use to prepare or inject with.



3 PREPARE

Grind down any lumps in the powder. Always use a new clean filter. Use a Sterifilt, if available.



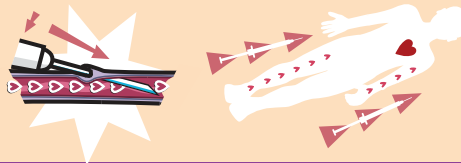
4 FINDING A VEIN

Pumping motion, heat (e.g., warm water), and using a tourniquet makes veins more visible.



5 INJECTING

Always inject towards the heart at an angle that prevents the needle from passing through the vein. Use the thinnest needle possible.



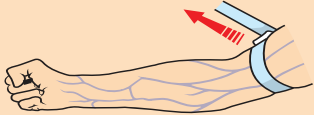
6 AFTER THE INJECTION

Apply pressure with a clean paper towel for 5 minutes. Apply a band-aid if necessary. Wash your hands and dispose equipment safely.

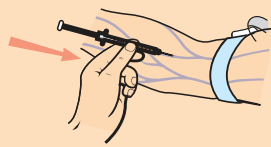


USING THE TOURNIQUET

1. TIGHTEN THE TOURNIQUET



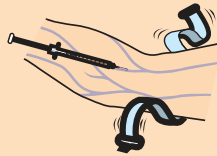
2. INSERT THE NEEDLE GENTLY AND CAREFULLY



3. DRAW BACK A LITTLE



4. RELEASE THE TOURNIQUET BEFORE INJECTION



!REMEMBER

When drawing back, if the blood is bright red, **DO NOT INJECT**. You have injected into an artery.

Bad



Brightly coloured, even frothy blood: **DO NOT INJECT!**

Good



Dark red colour

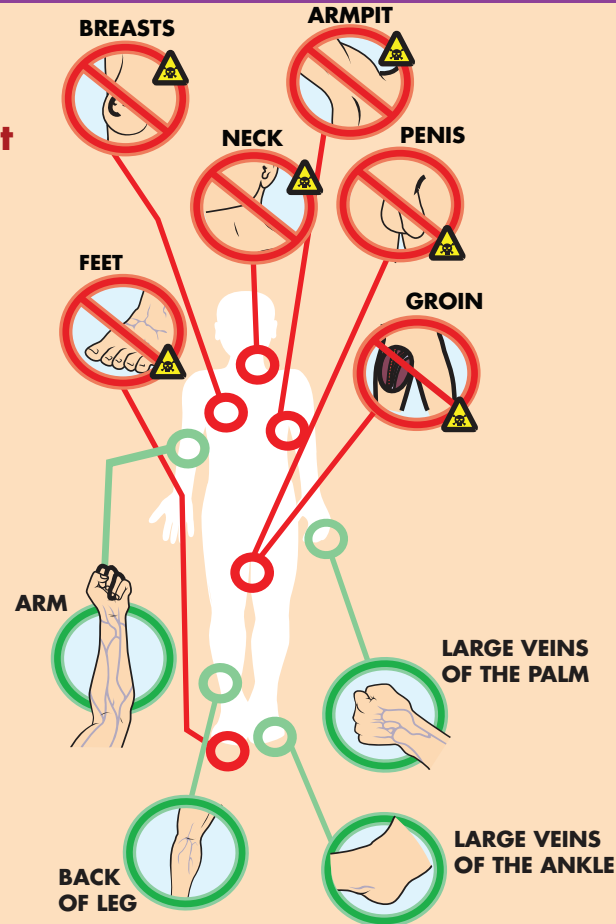
!REMEMBER

Do not fall asleep with the tourniquet in place - or you may lose your whole arm.



INJECTION SITES

Do not inject!



Better