

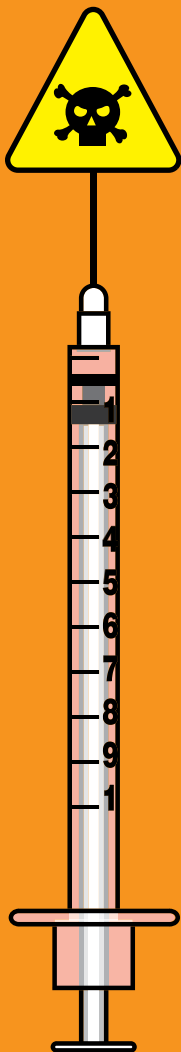
Safer



INJECTING



Safer practice for injecting drug users



1... 2... 3...

Safer
INJECTING

step-by-step

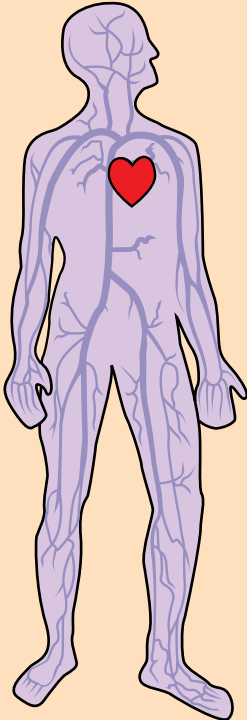


visual guide

Anatomy lesson

Veins

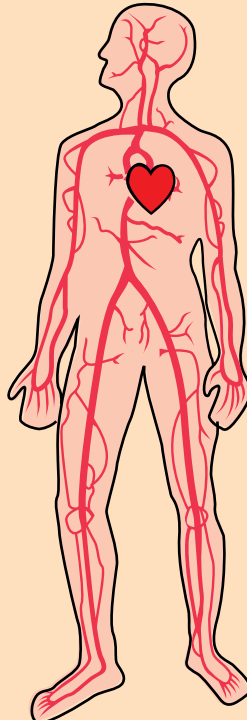
You have veins all over your body. They carry blood from your limbs and organs back to your heart. You can inject some drugs into some veins.



Arteries

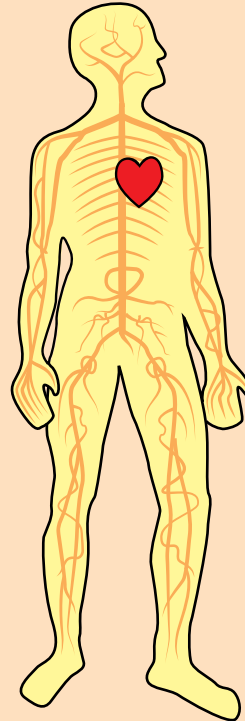
You have arteries all over your body. They feed blood from your heart to your limbs and organs.

NEVER inject into an artery!



Nerves

You have nerves all over your body. Nerves carry messages back and forth from your brain to the rest of your body so you can control movement and feel sensations. **NEVER inject into a nerve!**



1

PREPARE



Wash your hands and the place you are going to inject. If you don't have soap and water then a swab is better than nothing at all.



**NO SHARE
CLEAN AREA**



Find a clean area just for you.

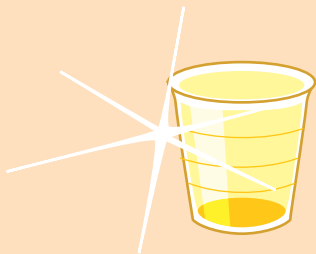


2 WORKS

A new sterile syringe



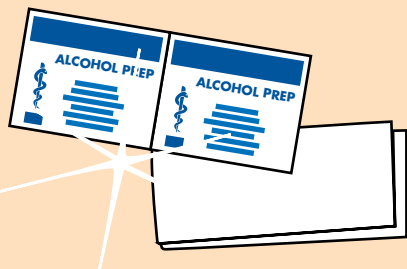
A clean cup which only you have used



Sterile or boiled water



Alcohol prep



A new, clean filter



Good



Don't share ANYTHING you use to inject with.

Bad



Sharing ANYTHING you use to inject can spread disease.

3 DRUG

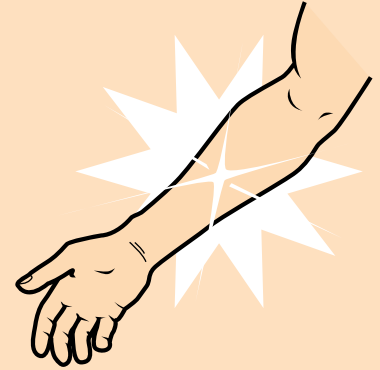


Add the drug



If the drug or batch is new or unknown, always start by using the smallest amount possible.

Good



Grind down any lumps in the powder.

Bad



Injecting pills can cause severe damage.

Injection of pharmaceutical pills



There are always risks involved when injecting pills.

Medicines in form of pills are not intended to be injected and usually contain corn starch or other binders (ingredients that keep the materials in the medicine together) that can cause damage, inflammation, or blockages in veins. For example the small vessels of the eyeground can easily clog and affect eyesight.

There have been cases where fingers, toes, or whole limbs have been amputated because of vein blockage caused by injecting pills.

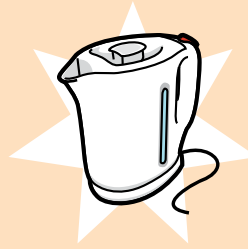


It's not recommended to inject pills, however, if you plan to do so, you can reduce the risks using the following methods:

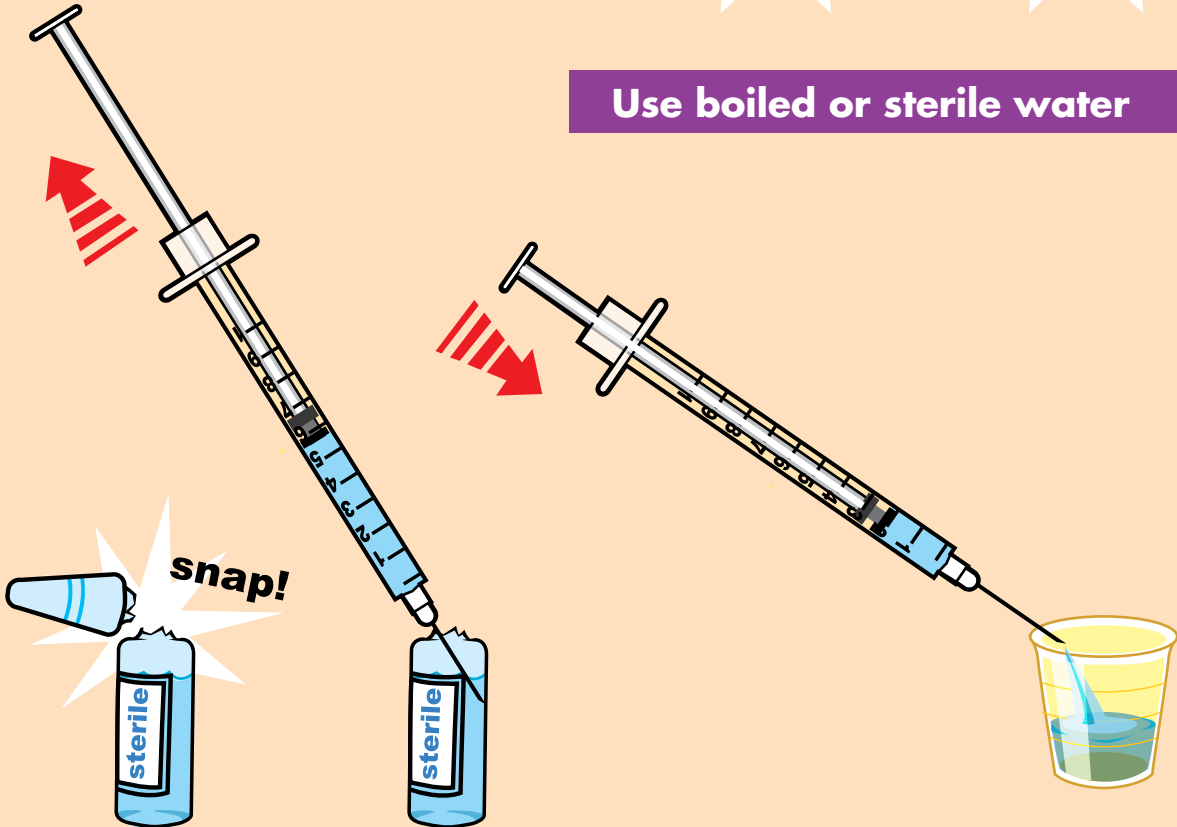
- 1. Test your supply with a fentanyl strip to make sure the product you're using does not have fentanyl in it. There have been reports of fentanyl being sold as pharmaceutical pills.**
- 2. Grind the tablets to as fine of a powder as possible on a sterile surface.**
- 3. Use plenty of sterile water to dilute the powder. The 2.5ml syringe should be full of fluid.**
- 4. Do not use warm water for dilution, since this can cause the binders to melt into smaller particles and go through the filters.**
- 5. When possible, filter your pill twice-first with a cotton filter and then with Sterifilt. The cotton filter collects the largest amount of binders that could otherwise clog the Sterifilt.**
- 6. Be careful when injecting around arteries. Injecting into the artery is the most dangerous thing you can do when injecting.**

4

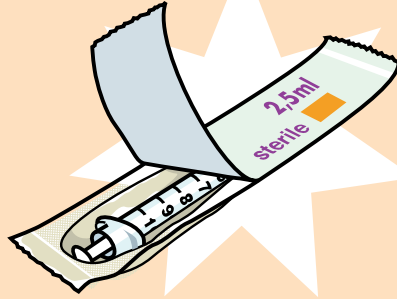
WATER



Use boiled or sterile water



Good



Use separate containers and a new sterile syringe.

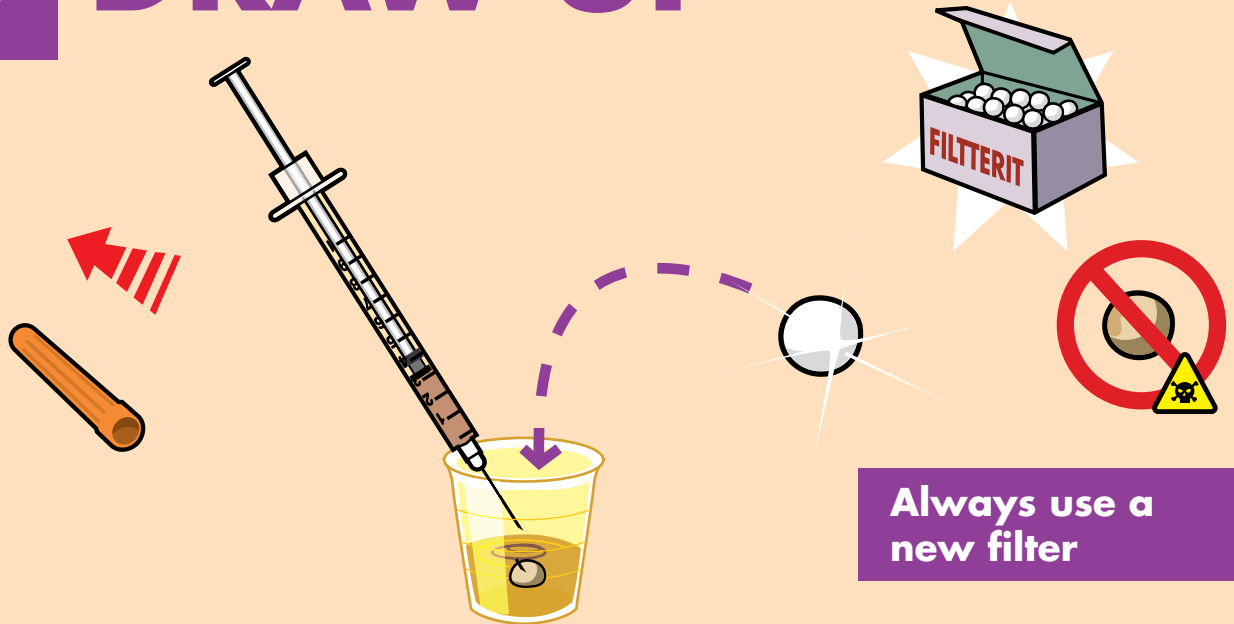
Bad



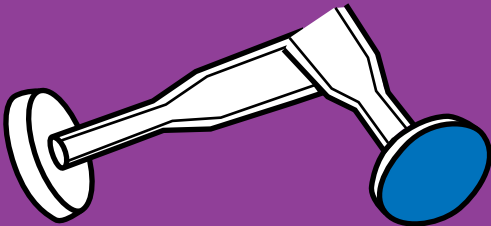
Sharing or backloading water can spread infection.

5

DRAW UP



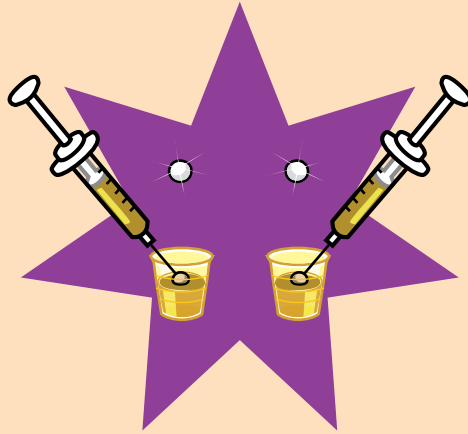
Always use a new filter



Filters distributed in the needle exchange programs will achieve the best filtering results if you first use a cotton filter, and then a Sterifilt. To prevent bacteria or viruses from entering, do not touch the membrane of the Sterifilt.

The Sterifilt filters particles, but retains virtually no active ingredients of the drug.

Good



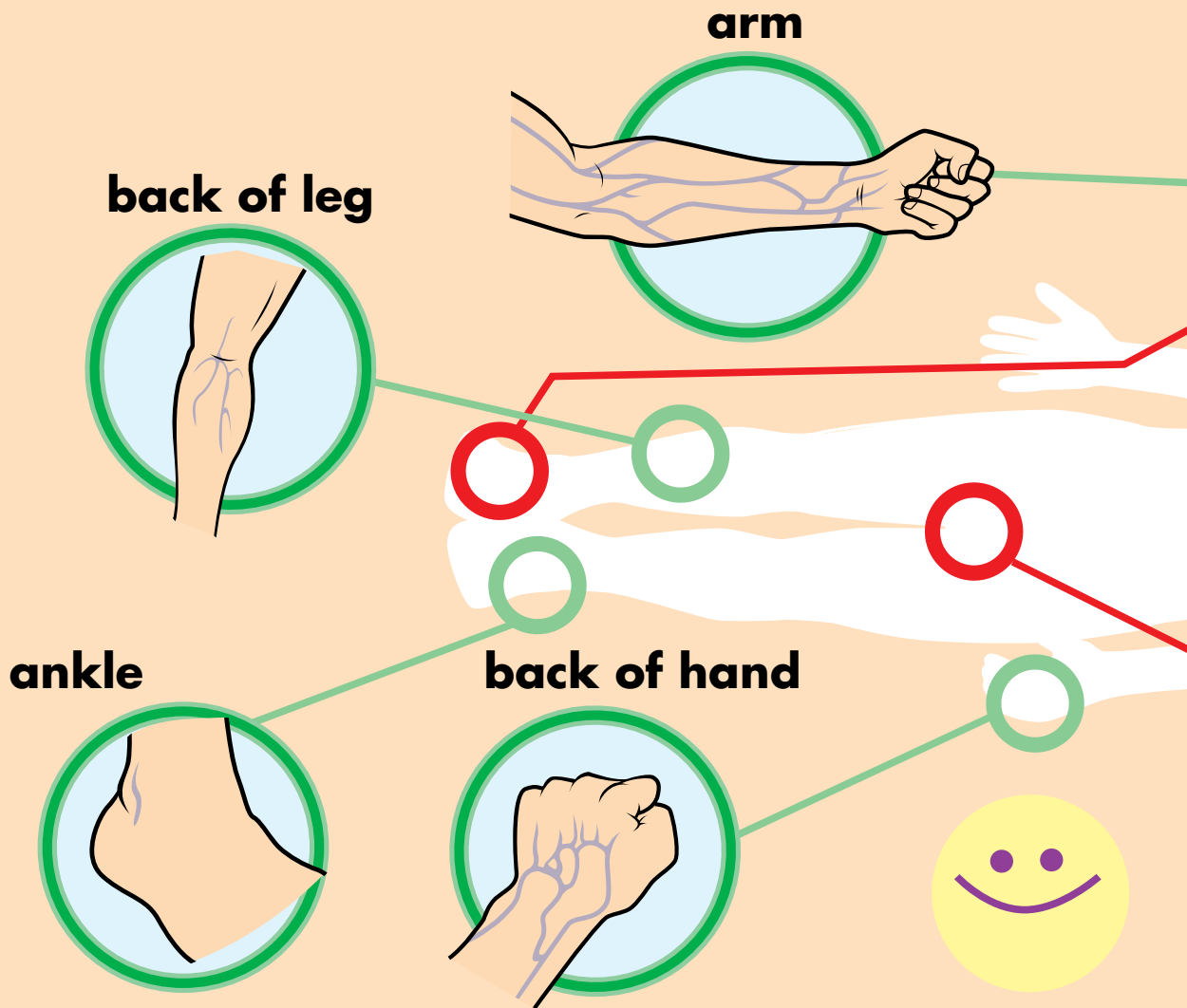
Always use your own cup.

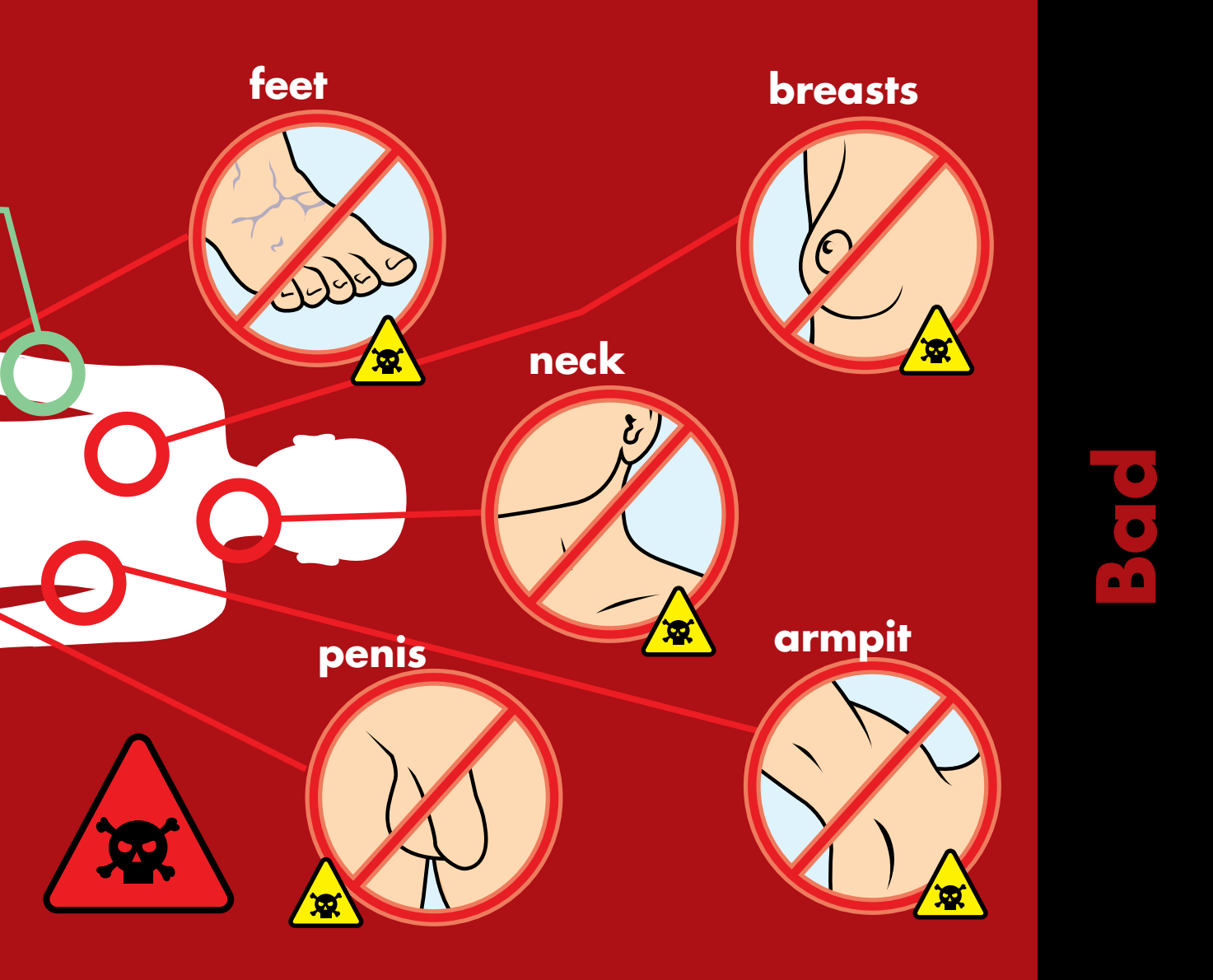
Bad



Sharing cups and backloading spreads infection.

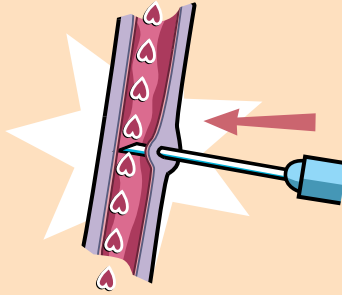
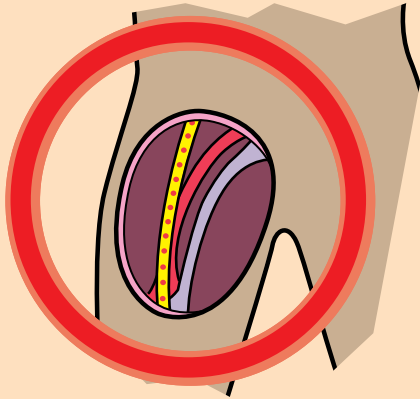
Good







Groin

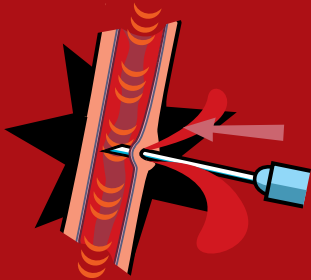


vein



Some people start to inject in the groin when they run out of other place to inject. Injecting in the groin is **EXTREMELY RISKY** because the vein is very close to a big artery and a big nerve. Get advice from your needle exchange before you go in to groin.

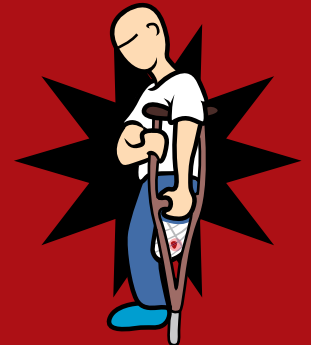
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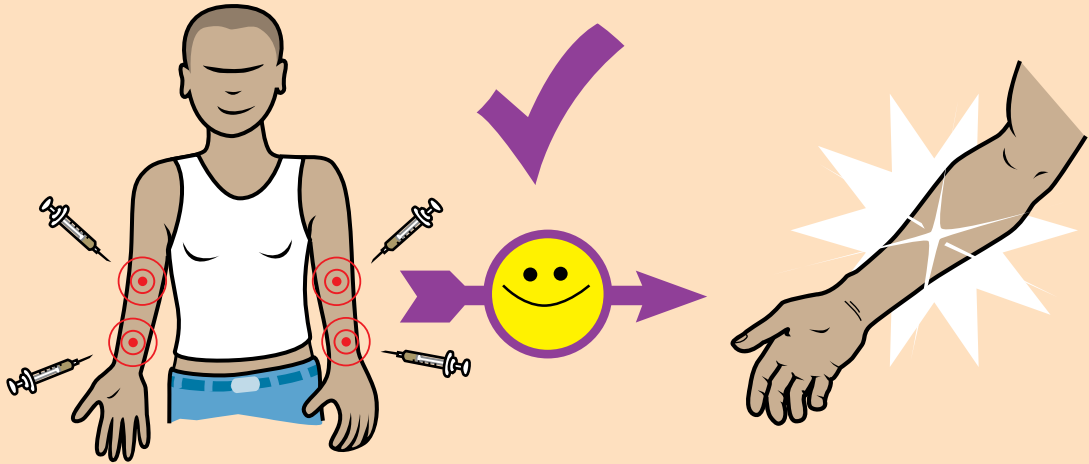
Artery



Nerve

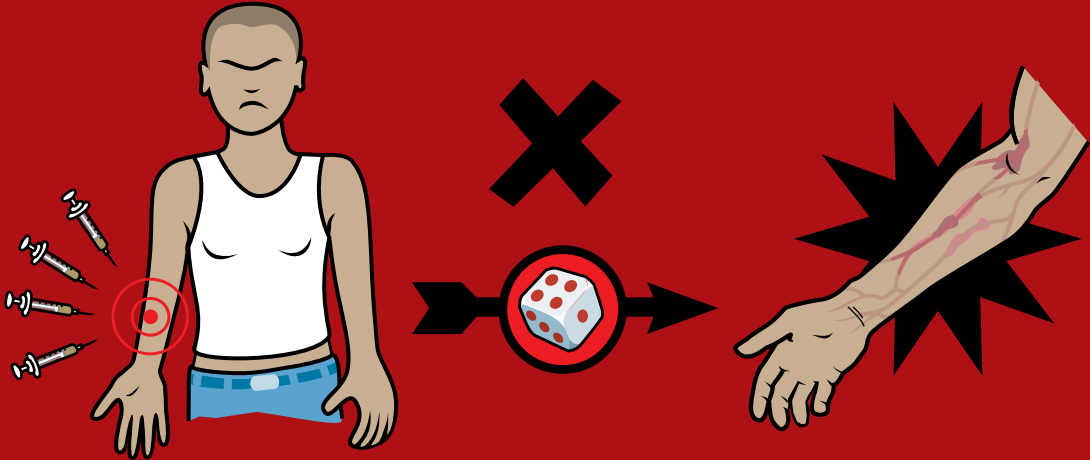


Good



Changing sites gives your veins a change to heal.

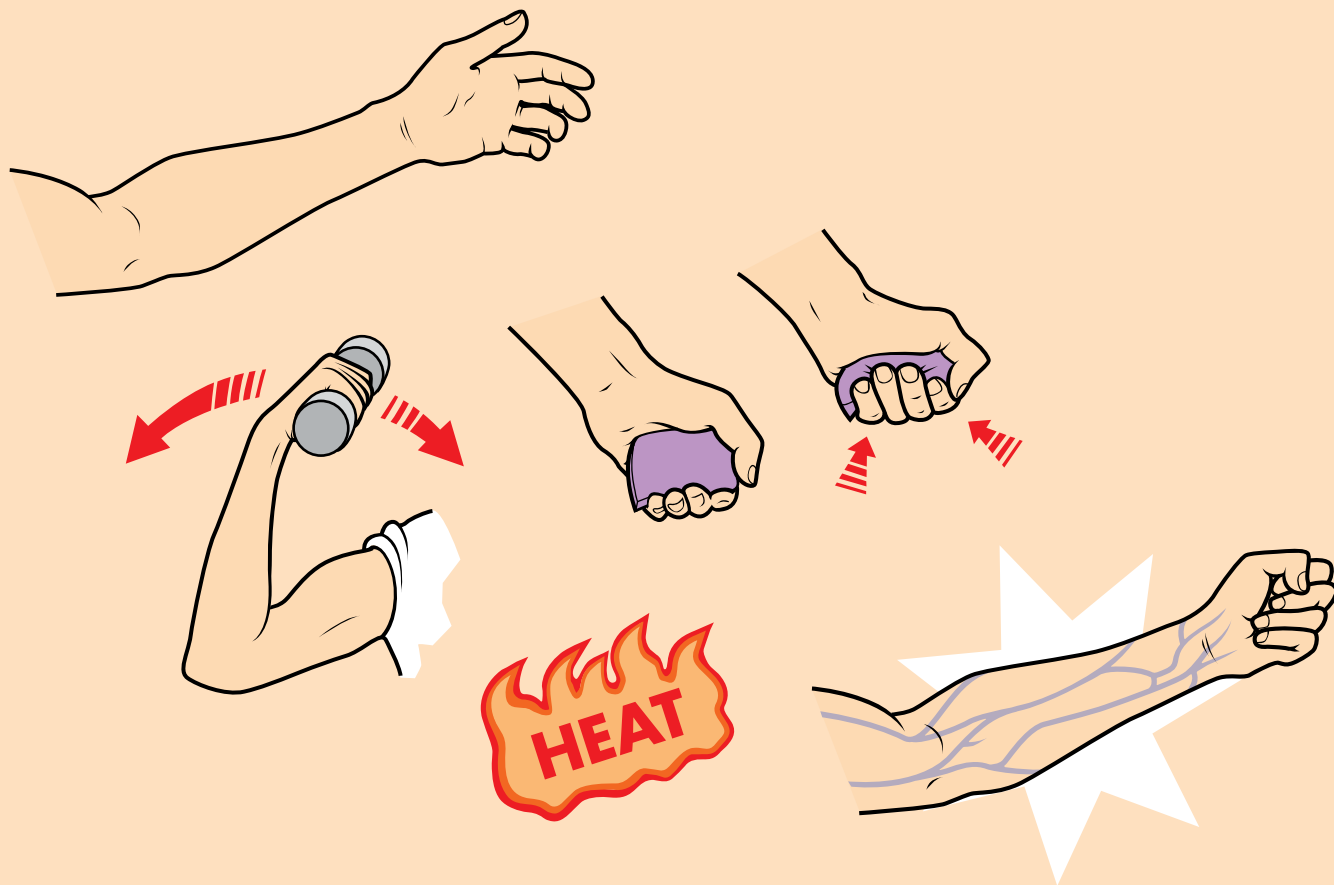
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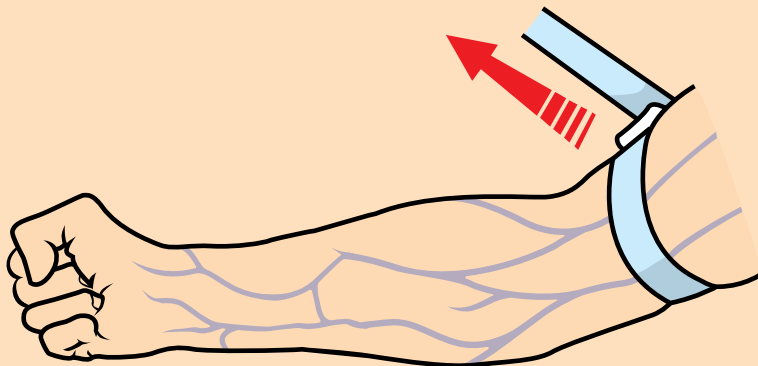
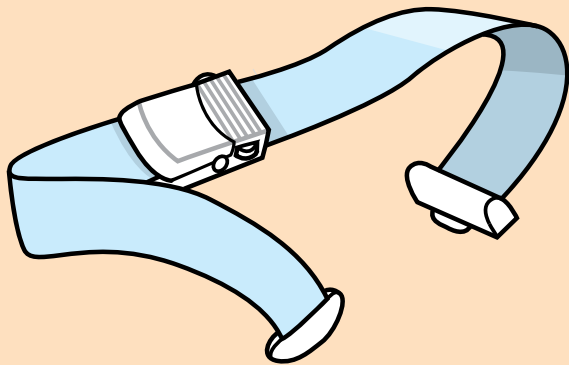


Hitting the same spot over and over again damages the vein.

6

FIND A VEIN





Do not inject with the tourniquet tightened.

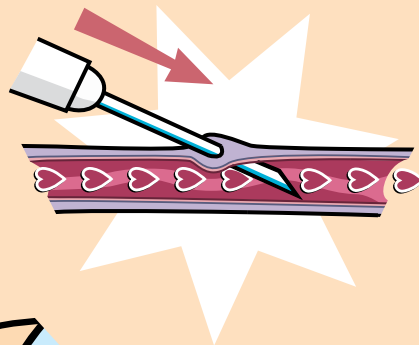
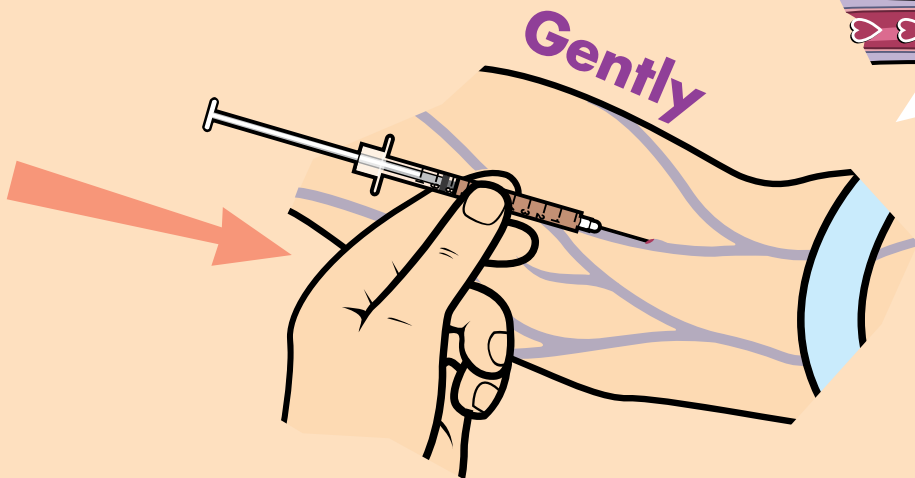


Don't fall asleep with the tourniquet on - you may lose your hand.

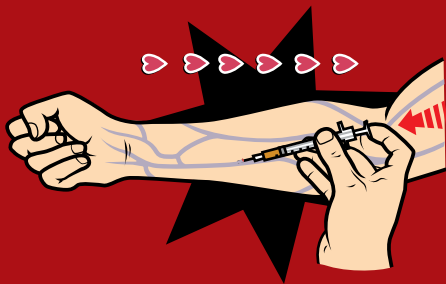
Bad

7

DIG

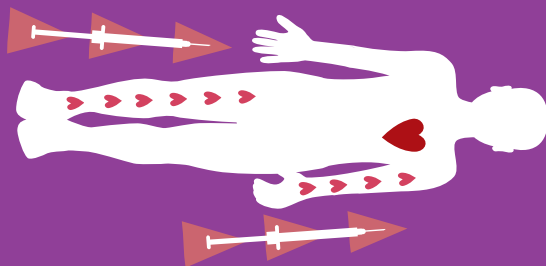


Bad



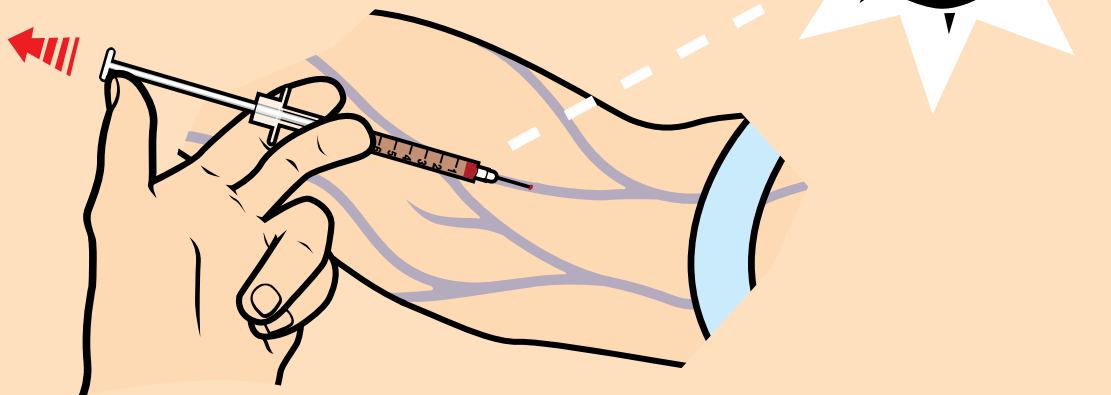
Don't inject against the blood flow.

Good

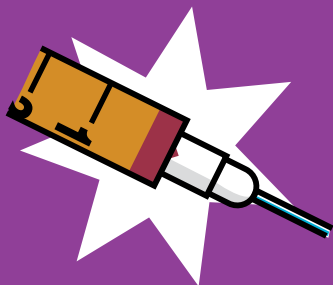


Always inject towards the heart.

Draw back a little



Good



Dark red blood = vein.

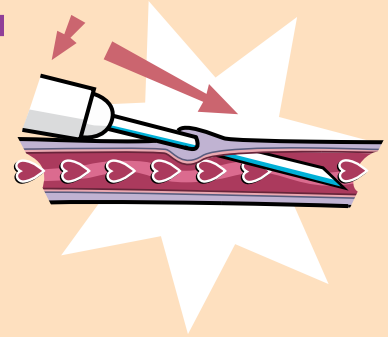
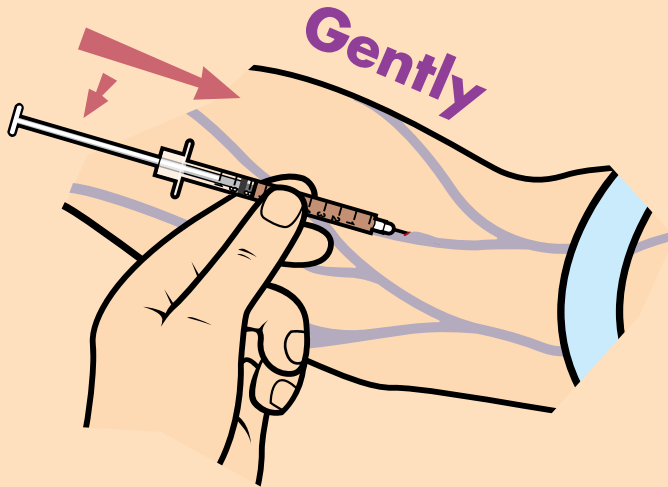
Bad

Don't inject

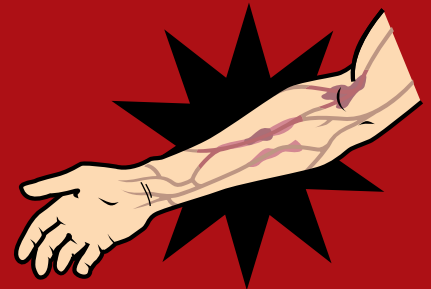
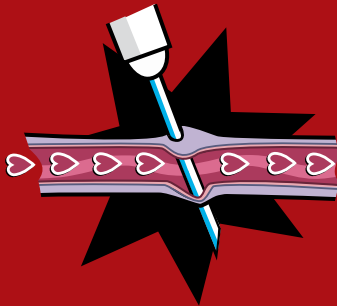


Bright red blood = artery.

PLACE NEEDLE

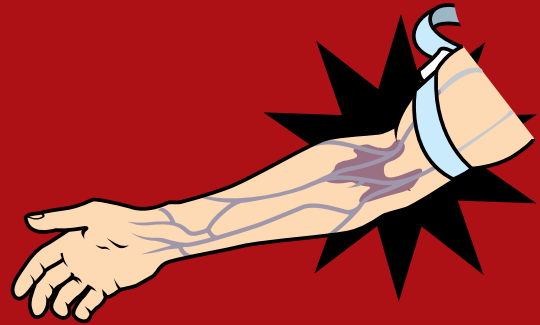
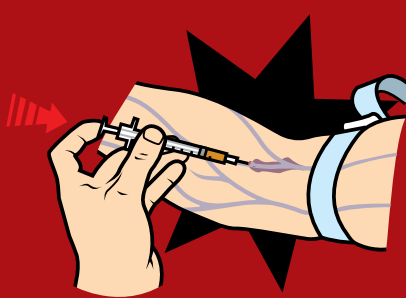
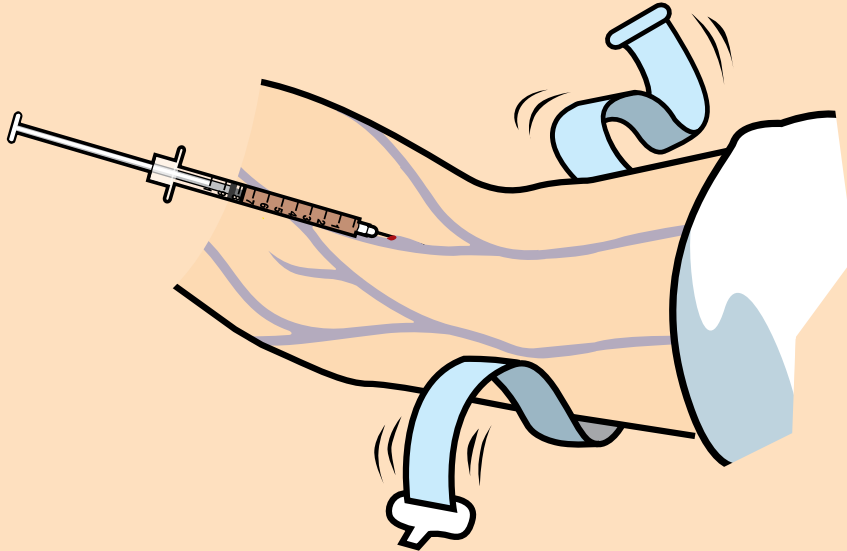


Insert the needle gently and at an angle so that it doesn't go all the way through the vein.



Be careful not to push the needle through the vein.

Release Tourniquet

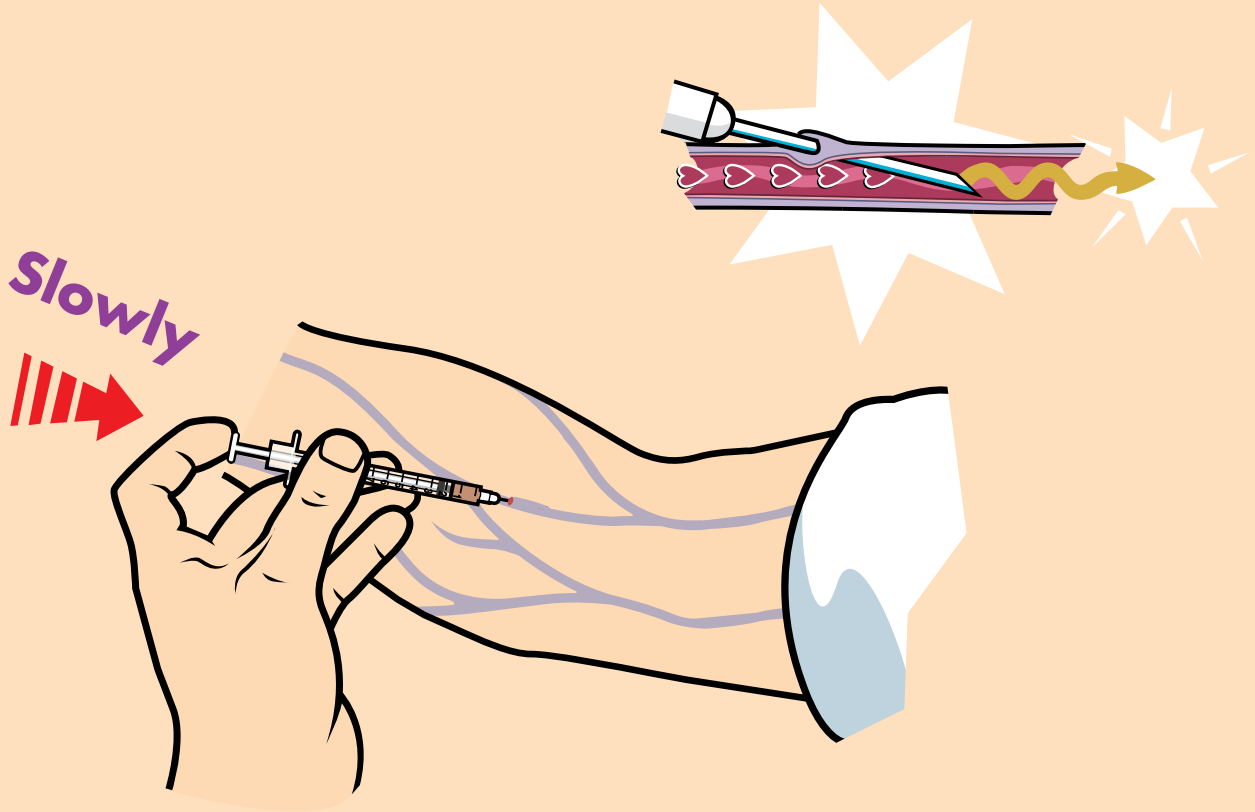


Never inject with the tourniquet on.

Bad

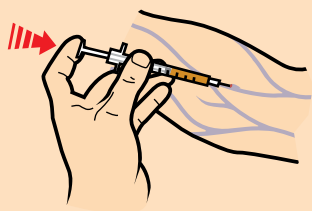
8

INJECT

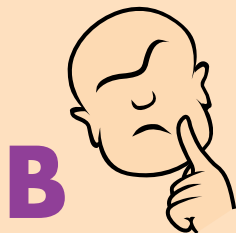


Towards the heart -> at an angle -> remove tourniquet

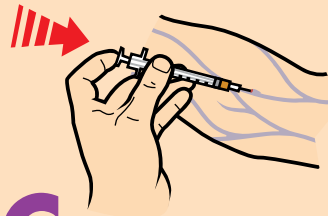
Good



A



B



C



"Taste" a little bit of the hit before emptying the barrel.

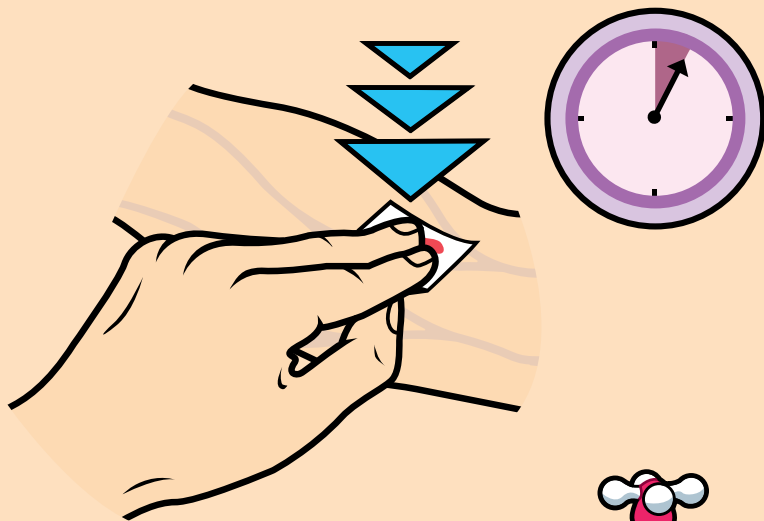
Bad



"Flushing" damages veins.

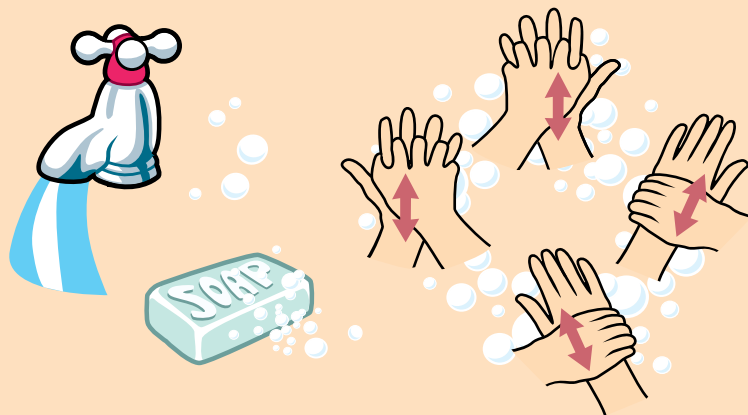
9

CLEAN-UP



**Apply pressure with a
CLEAN paper towel
for 5 minutes.**

Wash your hands!



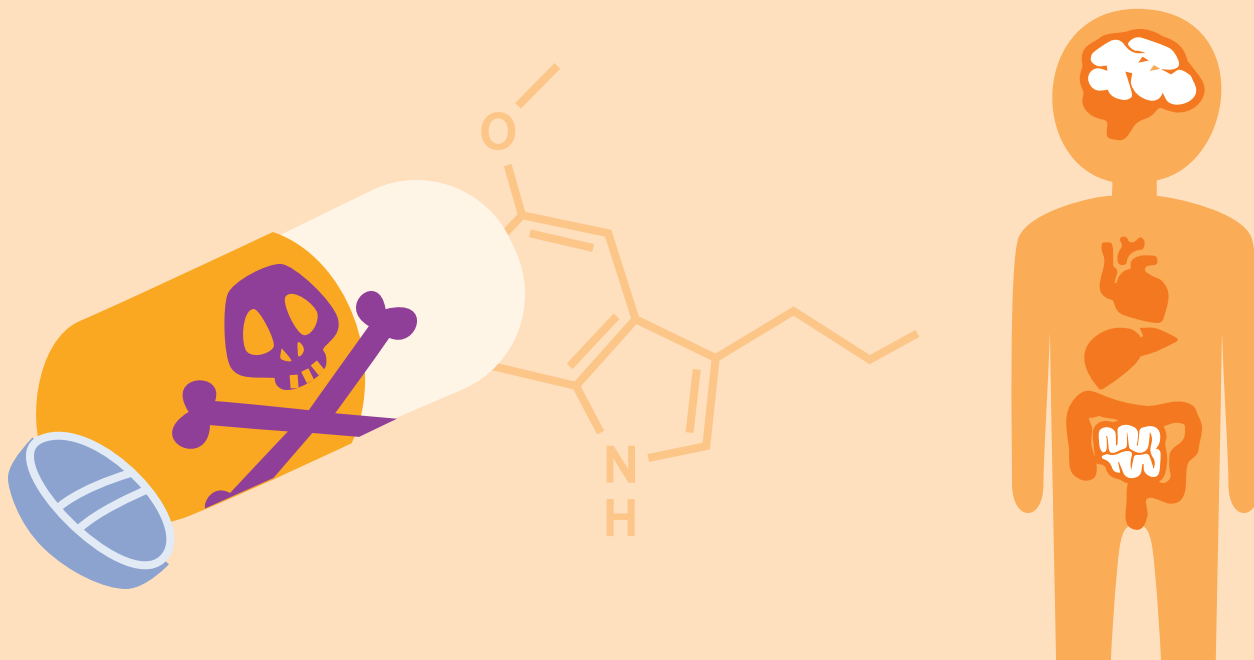
DISPOSE SAFELY



Designer drugs



Keep in mind that the substances you buy on illegal markets are not always what the seller has claimed them to be. The only way to know what the primary ingredient is for sure is by using a trusted drug checking service.

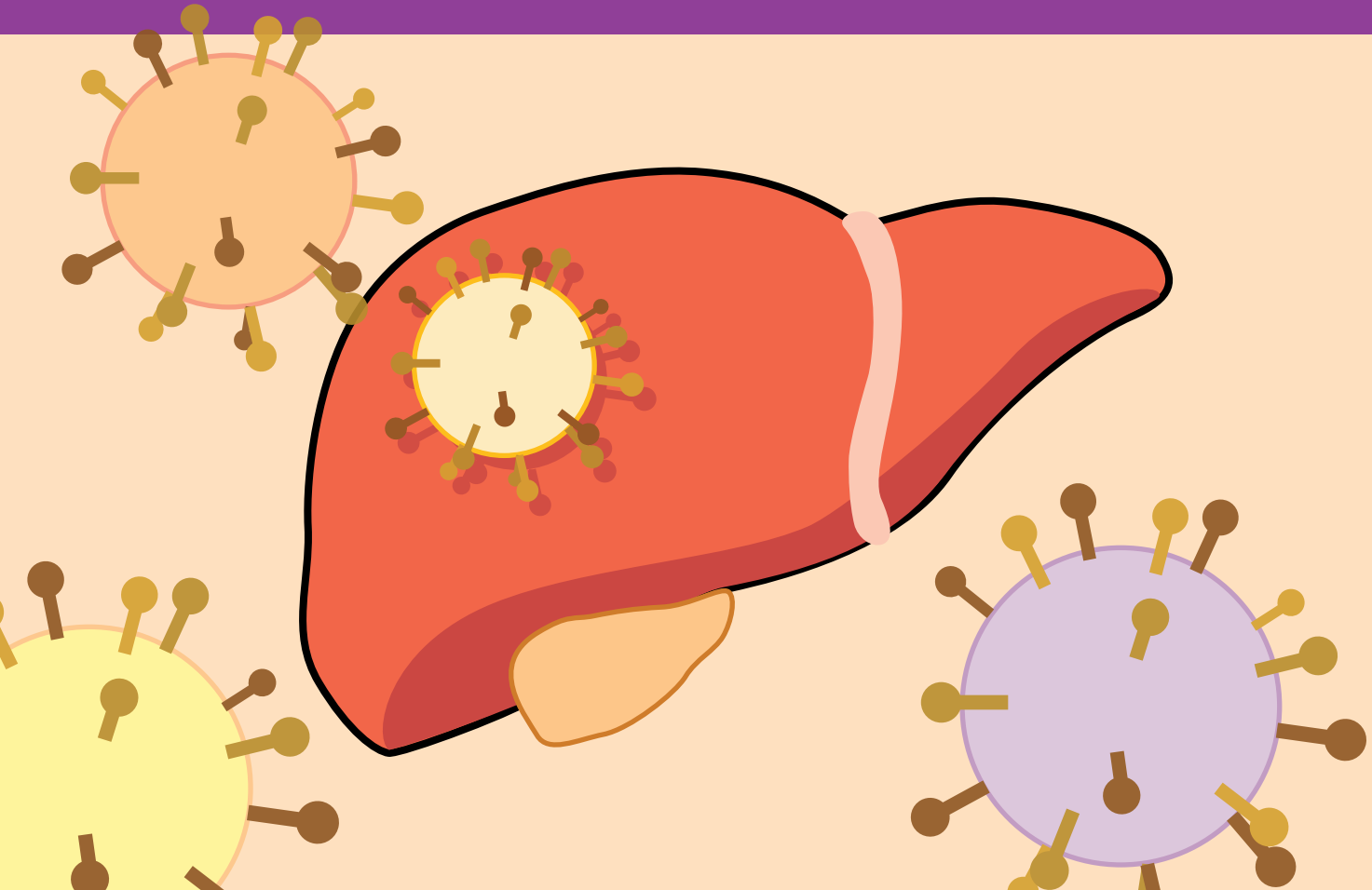


There is always a risk of life-threatening overdose when using substances that are not tested. The potency of different substances with similar effects vary greatly, and for example, the strongest fentanyl derivatives have up to 10,000 times the effects of morphine. Safe dosing of the strongest fentanyl derivatives(e.g. carfentanyl) is impossible.

Products that contain many different substances mixed together have often been found in the drug supply. While a drug checking kit will help figure out what the primary ingredient in such products is, only lab testing can help determine how much of each ingredient mixed substances have. Not having this information can make it more difficult to determine dosage.

It is important to always use as little amount as possible if you are not quite sure what substance you are using.

Hepatitis C





Hepatitis C is a virus-induced liver infection which, untreated, may result in liver cirrhosis and liver cancer. The best way to avoid getting or spreading Hepatitis C is to always use your own new and sterile equipment. The virus can stay alive for up to 6 weeks, so sharing injection equipment increases the rates of Hepatitis C infection.

Hepatitis C

Bad



Hepatitis C can be transmitted through any equipment used for preparing and injecting, not just the needle.



Always get tested if you suspect an infection. It is also recommended to get tested at least twice a year if you use drugs by injecting.



If you test positive for Hepatitis C, contact your health counseling center or your health care provider to find out if you are eligible for treatment.

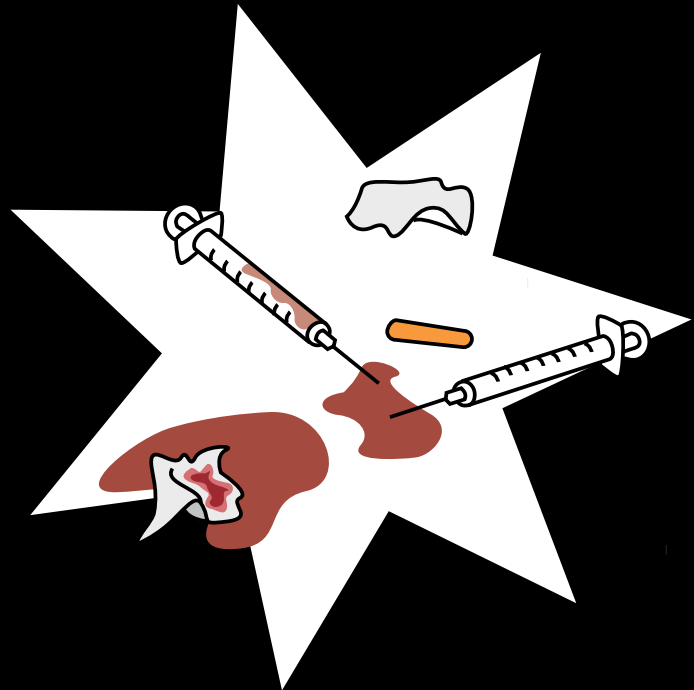
Hepatitis C is possible to treat in many cases, and treatments have become much better with fewer side effects than interferon therapy.



Hepatitis C is passed only through blood-to-blood contact, and can spread even with a small amount of blood.



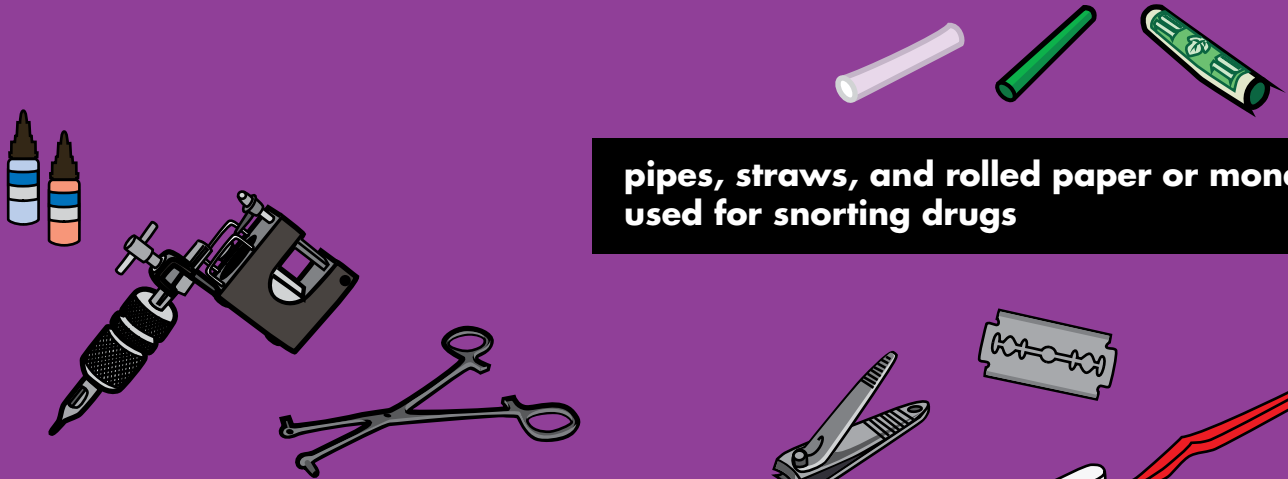
Infection often happens when people share things that have come in contact with blood.



Blood may be on:



needles, syringes, filters, cookers, acidifiers, alcohol swabs, ties (tourniquets), and water used for preparing and injecting drugs

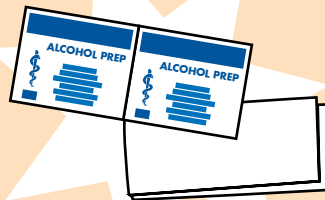


pipes, straws, and rolled paper or money used for snorting drugs

piercing or tattooing equipment (including ink and ink pots) that has been used and not properly sterilized

razors, nail clippers, and toothbrushes used by someone else

To avoid spread of Hepatitis C:



Use new equipment—including needles, syringes, filters, cookers, swabs, and water—each time you inject drugs.

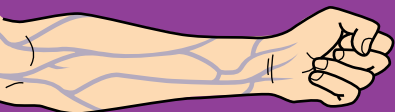
Get a tattoo or piercing in a professional studio that uses only sterile equipment, new needles and new ink. It's important not to share any equipment, including the ink, when tattooing outside of a studio.



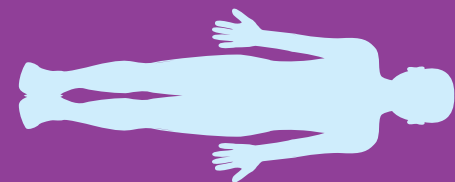
Even though sexually transmitted infections of Hepatitis C are more rare, the virus can be transmitted during sex, including oral and anal sex. Menstruation increases the likelihood of infection and anal sex can be more risky due to tearing. Using condoms, lubrication, and communication during sex can help minimize the risk and increase the benefits.



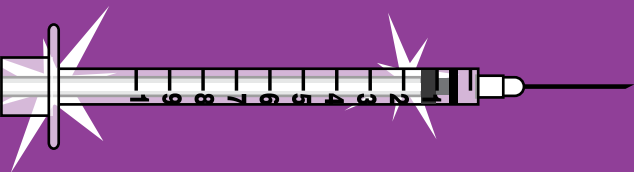
Better hits



Healthier veins



Healthier body



Safer works

More info
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