

SAFER INJECTING

Information & Advice



Tips for safer injecting

Following these 10 steps could greatly reduce many of the risks and harms that come with injecting.

- 1 Always wash your hands with soap and water before and after injecting** – this reduces the chance of infections.
- 2 Use a clean surface** to prepare your injection.
- 3 Always use a full set of new equipment for EVERY injection**, do not store used equipment to use later – this can reduce injecting related injuries and infections. You can take away as much equipment as you need now, we have no limits.
- 4 Do not share, borrow or lend any injecting equipment** – this can reduce your risk of getting HIV or Hepatitis.
- 5 Always use the smallest, thinnest needle possible for the injection site** - this can reduce vein damage. If you are not sure what is best then ASK!
- 6 Always use the best choice of water available** to you for preparing your drugs (water for injection is best followed by boiled cooled water) – this can help reduce infections.
- 7 Don't use too much citric** – this can help injecting sites to heal better and can reduce the risk of burns to the skin and veins.
- 8 Rotate sites in the arms as much as possible and keep them clean**, learn to use both arms to increase sites, a tourniquet may help – this can allow sites to heal and may stop you moving on to riskier ones such as the groin.
- 9 Put all used equipment in the bin provided and bring it back for safe disposal** – this can reduce the risks to others.
- 10 Don't inject alone.** Try to do it with other people around and know what to do in an emergency.

PLEASE RETURN USED WORKS?

Always put used needles and equipment into a sharps container and return it to your local service.

RETURNING THEM CAN HELP KEEP THE SERVICE OPEN.



Injecting Areas

Injecting into the neck is very dangerous. **DON'T!**

Women should avoid injecting in the breast

Stomach OK for Skin Popping **ONLY**

There is a deep vein (the femoral) on the inside of your groin. But it's next to an artery and a nerve. If you miss you're in big trouble. **DON'T DO IT!**

There are lots of small veins in the back of your legs. The blood flows slowly in these so inject slowly

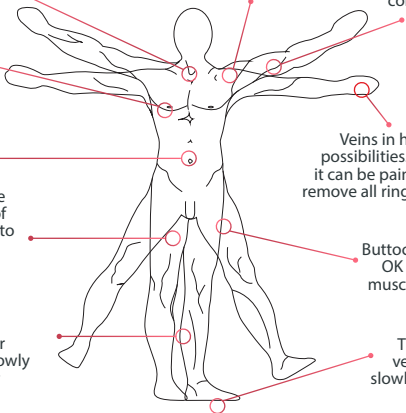
Top of the arms are OK for injecting into the muscle

Veins in the upper arm are OK to use. To avoid collapsing them, rotate sites often

Veins in hands and fingers are possibilities. Use a fine needle as it can be painful. Before injecting, remove all rings as this could result in losing fingers

Buttocks & top of thigh are OK for injecting into the muscle. Use alternate legs each time

There are lots of small veins in the feet. Inject slowly as it can be painful



Recovery position

1 Shake and shout (Fig 1)

Try to wake them up by calling their name and shake them by the shoulders.

2 Check for breathing

Tilt the head back and make sure the airway is clear.

3 Call 999

If they do not respond to noise and are not breathing, call 999 without delay.

- Stay calm
- Tell the operator where you are and that the person is "not breathing"

4 Basic life support (Fig 2)

If they aren't breathing then start basic life support:

- Tilt the head back and make sure the airway is clear
- Do 30 chest compressions
- Pinch the nose closed and give two slow rescue breaths
- Continue this until the ambulance arrives

5 Recovery position (Fig 3)

Once they are breathing put the person into the recovery position until the ambulance arrives.

