

NEEDLE DISPOSAL

Ways you can dispose your needles safely. Never throw them loosely in the trash or toilet.

On the go

- Use your fitpack
- Can hold up to 10 syringes (1 mL)



Clinic

- Wall-mounted sharps containers in bathrooms and clinic rooms



At home

- You can use a firm plastic container with a lid like a laundry detergent bottle
- Label as "Sharps – Do not recycle"
- Once 3/4 full, put on lid & seal with duct tape



ADDITIONAL TIPS to KEEP YOU SAFE

- Avoid letting others inject for you. Doing so puts power in their hands.
- Ask about vaccinations to keep you safe like hepatitis A & B and tetanus
- Ask about PrEP, medication that can help prevent transmission of HIV

ADDITIONAL RESOURCES

Check out this video on safer injection

Or search "CATIE Steps to Safer Injection"



Put state/city-specific resources here (e.g., local syringe service program)

SAFER INJECTION GUIDE



KIT CONTENTS

Alcohol wipes

- Clean your skin before injecting
- Clean more than 1 area in case you can't inject in the first area

Cookers & Twist tie

- Use to prepare your shot
- Use twist tie to make a handle

Sterile saline

- Use to dissolve your drugs
- Avoid boiled or tap water

Ascorbic acid (vitamin C)

- Helps dissolve certain drugs like crack cocaine that won't dissolve only in water
- Use as little as possible to avoid damaging your veins
- Avoid lemon juice or vinegar

Cottons

- Pull your drugs through a cotton
- Acts as filter for undissolved solid particles like the coating of crushed pills
- Avoid cigarette filters

Tourniquet/tie

- Tie around your arm to make your veins pop out
- Remove it before you push the plunger

Fitpack

- Dispose used needles in here

PARTS OF A SYRINGE



Your doctor may prescribe you syringes to pick up at the pharmacy

Gauge: size of needle hole

- **HIGHER** number correlates with **SMALLER** hole
- Thinner needles do less damage

Needle Length: how long needle is

Barrel Size: how much a syringe holds

- 1 cc = 1 milliliter (mL) = 100 U (insulin units)

COMMON SYRINGE SIZES

Pogos	27 G	5/8 in	1 cc
Halves	28 G	1/2 in	0.5 cc
Ultrafines	29 G	1/2 in	1 cc
Beestings	31 G	5/16 in	1 cc

WHERE TO INJECT?

Injecting can lead to damage to veins or nearby structures, blood clots, and hard-to-control bleeding. **Avoid arteries!**

-  Dangerous to inject here
-  Avoid injecting here if possible
-  Safest areas to inject



⚠️ TIP

Ask your doctor about using a vein finder in clinic!



AVOID INFECTIONS

Injecting carries the highest risk of infection as bacteria and viruses can directly enter your blood

- Wash your hands
- Avoid sharing any equipment
- Always use new supplies including needles, cookers, cottons, and water
- Avoid licking your needles.
- Cooking your drugs can kill certain bacteria. Heat for at least 10 seconds & let mixture cool before injecting

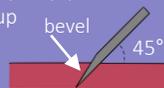
VEIN CARE

PREPARING

- Find a place with good lighting
- Take your time
- Use the smallest needle size
- Use as little vitamin C as possible

INJECTING

- Use a tourniquet to help make your veins pop
- Hydrate and clench fist to pump your veins
- Inject with needle bevel up
- Enter at 45° angle to skin
- Inject toward the heart



OTHER TIPS

- Give your veins a holiday by trying a different method of using like sniffing or smoking
- If you can't hit a vein, try boofing. Just take the needle off!
- Rotate your spots