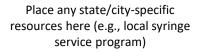
## Additional Resources

# Check out this more detailed guide ——>

Or search "Next Distro Wound & Abscess Care"





## **PREVENTING WOUNDS**

- Rotate where you inject
- · Avoid muscling, skin popping, or injecting into arteries (blood gushes)
- Inject in your arms/legs. Avoid your neck, wrist, or groin
- Try using needles with smallest length & size with tourniquet
- Try other ways of using like boofing (up your bum!) to give your veins a break

## **CARING FOR WOUNDS**

- Act early and watch for red flags
- Wash wounds with soap & water

#### DON'Ts

#### If you're not sure what to do, talk to your doctor!

## PREVENTING INFECTIONS

- · Wash hands with soap & water or use hand sanitizer
- Clean all areas where you typically inject with alcohol wipes before injecting
- Use new supplies every time. Avoid sharing equipment
- Use sterile water/saline when mixing substances
- Never reuse or share filters/cotton as they often have bacteria and fungi

#### **RED FLAGS to SEEK** MEDICAL CARE

- Thick, smelly yellow or green drainage

## **ADDITIONAL TIPS**