

## Additional Resources

Check out this more detailed guide →

Or search “Next Distro Wound & Abscess Care”



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

# WOUND CARE KIT GUIDE



## WHAT'S IN YOUR KIT?



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## 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

### 👍 DOs

- Keep wounds covered
- Act early and watch for red flags
- Wash wounds with soap & water
- Apply warm compresses over problem areas
- Give yourself a break. Eat protein & stay hydrated

### 👎 DON'Ts

- Pick, squeeze, or scratch
- Cut or drain wound on own
- Inject into or around wound
- Use alcohol wipe on wound
- Take non-prescribed antibiotics



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

- Fever or chills
- Swelling of limb
- Skin is red, hard, & hot to touch
- Thick, smelly yellow or green drainage
- Severe or worsening pain at wound site
- Pain & decreased ability to move joint
- Immunocompromising condition like diabetes, cancer, or HIV/AIDs
- Skin turns dark or black



## ADDITIONAL TIPS

- Keep track of your wound & any areas of redness/pain by marking the edges with a marker
- Xylazine (aka Tranq) is often a contaminant in drugs and can cause wounds in places you didn't inject
- Get vaccinated against tetanus every 10 years!