

# Maintain Your Veins

**You only have one set of veins. If you take care of them, they'll last longer. Go slow. Be gentle.**

**Use the smallest needle possible.**

## **Always**

- > Wash your hands and injection site before and after every injection
- > Clean your mixing equipment
- > Use a new sterile needle and syringe every time
- > Learn to inject in both arms
- > Filter
- > Use a wheel filter if injecting pills
- > Ask NSP staff for further safer injecting information

## **Never**

- > Inject where there is redness, pain, swelling, or infection
- > Jack back to flush the syringe after your shot
- > Use a tourniquet unless you have to
- > Reuse injecting equipment

**VEIN CARE**

MAINTAIN YOUR VEINS

For further information call ADIS 1800 177 833