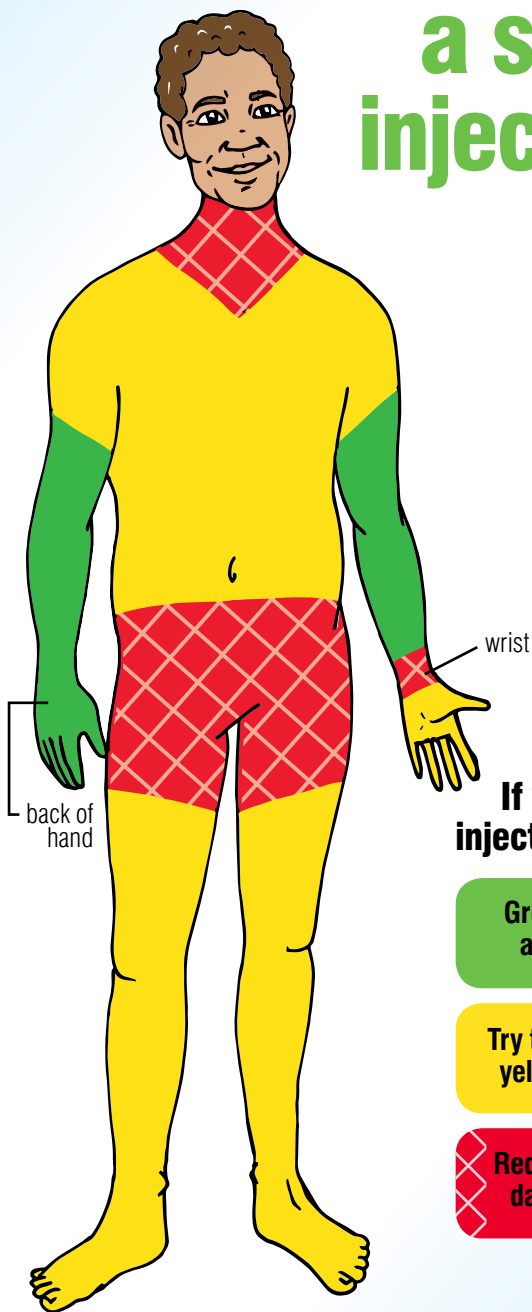


Choosing a safer injection site



If you are injecting drugs:

Green areas are safer.

Try to avoid the yellow areas.

Red areas are dangerous.

Safer

Arms: Your arms are the safest places to inject. Use different veins every time you inject to help them heal.

Back of hand: The veins in your hands are fragile, so inject slowly. Give these veins extra time to heal.

Try to avoid

Legs: Inject yourself lower in your leg before injecting in places higher on your leg. You could get blood clots. These clots can go to your lungs or heart and cause serious problems.

Feet: The veins in your feet are fragile. Give these places extra time to heal. If you have foot problems, do not inject yourself here.

Breasts: Try not to inject yourself in your breasts. Injecting into your breasts can cause blood clots that can cause pain and swelling.

Dangerous

Wrist: Try not to inject yourself in the wrist because you could hit an artery or nerve. Your wrist is full of veins, arteries and nerves that are very close together.

Neck: Avoid the neck vein because it is close to important arteries. You could die if you hit one of these arteries.

Groin: Avoid injecting into the groin. It is very close to an artery. Hitting this artery is dangerous. If you get a big bruise after you inject here, get medical help right away.

Penis: Avoid injecting into the penis. There is a high chance it could become infected, causing serious problems.



Canada's source for
HIV and hepatitis C
information

1-800-263-1638 | www.catie.ca

CATIE Ordering Centre No: ATI-70162 (*Aussi disponible en français : ATI-70163*)

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CATIE thanks all the community and medical reviewers who contributed their expertise to this resource.