

Get Tested. Get Treated. Get Cured.

HCV & Harm Reduction

Version 2 • March 2018

INJECTION TECHNIQUE VEIN CARE

Safe injection techniques will help to protect veins and prevent infections. Scar tissue at the injection site and collapsed veins often result from repeated damage to a vein due to poor injection methods. The damage happens by inserting the needle all the way through the vein and then pulling back into it. This method causes damage to the vein by piercing it in two places. It may also cause the vein to collapse.

Two methods to help prevent these problems are to inject with the opening of the needle up and at a 45-degree angle. It is also important to change the injection site every time. Changing the injection site will also help to prevent scar tissue from forming.

Piercing the needle in the same place or piercing through the vein can cause more

bleeding that could lead to bacterial and other infections. Use a warm compress or clean rag (with an antibiotic if possible) to reduce the risk of infection.

Remember:

- Inject at a 45-degree angle with the opening of the needle up
- Do not share needles or works (cotton, cookers, water, etc.,)
- Change the injection site to prevent veins from collapsing and scar tissue from forming
- Use needle exchange services –the people at needle exchange are there to help you!

learn more by visiting www.hcvadvocate.org

health...respect...empowerment...

