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OPEN is partially funded by the Michigan



• Use new syringes and works whenever possible.

- take turns using.

Some places are safer to inject

**INJECTION LOCATION** 

• Groin

Wrists

Neck

Head

teet •

sbə¬ •

Palms

Torso

e Arms

than others.

SAFER AREAS:

: GIOVA OT SA3RA

Back of hands

Palm

 Know your health and tolerance.

**SAFETY PLANS** 

- Have naloxone out and readv

- Start low and slow.
- · Avoid mixing downers.
- · Test your substances with drug checking services through your local harm
- reduction program, test strips, or reagent kits.
- · Walk around to see how it hits.
- Use with a trusted person &

# HARM REDUCTION INITIATIVE

Developed in partnership with people with lived and living experience.

michigan-open.org/initiatives/ harm-reduction/

**SAFER** 

**INJECTION** 

**MICHIGAN-OPEN.ORG** 

## YOU MATTER.

reasons. variety of ways for different People use substances in a supply may be unsate. supervision or when the drug in settings without medical usks when using substances strategies to help lower the and harm reduction pased on medical guidance yourself and others safe. It's bractical ways to keep I pis resource shares

sate and healthy. resources, and tools to be deserve the education, way use substances, you No matter what or how you

SAFESPOT: 800-972-0590 **NEVER USE ALONE: 877-696-1996** 

Harms to the nose

Vein damage

and fungi

and stimulants.

brevent:

pueu

ĴΟ

**Васк** 

Burns to lips and hands

Infections from bacteria,

Sater injection practices can

thinners, as well as opioids

People inject medications like

Injecting anything—no matter

INJECTION. PRACTICE SAFER

You are more likely to overdose if:

• Use where you can be found.

• Ask someone to check on you.

• Leave the door unlocked, put

Call an overdose prevention

hotline like the options below:

· Your tolerance is low.

· You are sick, tired, or

· You are mixing drugs,

especially downers.

dehydrated.

If you are using alone:

pets away, if safe.

**SAFETY TIPS** 

what it is—comes with risks.

insulin, hormones, blood

Infections from viruses like

HIV, Hep C and B,

<sub>o</sub>06 ΙD ΛΙ SC infections More likely to cause trouble finding a vein ned when people have bobbiud,): Auger the skin Subcutaneous (SC "skin

Intradermal (ID): Into the skin

Intramuscular (IM "muscling"):

Intravenous (IV): Into the vein

People can inject these ways:

luto the muscle

INJECTION TYPES

MUSCLE SUBCUTANEOUS TISSUE **NEIN** 8888888 <sub>0</sub>91-9

## PREPARE YOUR BODY AND SUPPLIES

### Prevent infections.

- Use a new sterile needle and syringe and supplies for each injection.
- Wash your hands with soap and water before injecting.
- Use an alcohol wipe to clean the injection spot. Wipe in a circle starting from the middle and moving outward.

### Use clean water to wash and mix substances.

- BEST: sterile water
- GOOD: new bottled water or water than has boiled and cooled
  - Keep bottled water lids on.
  - Boil water for 1 minute. let it cool, use it within a day.
- OKAY: tap water
  - If using toilet water, use from the tank

### Collect your own supplies.

· Avoid reusing or sharing needles, syringes, or cookers.

## New supplies are safest.

- · Wet cottons grow bacteria and fungus. Reusing them can cause infections like Cotton Fever.
- Cigarette filters contain fiberglass, which is harmful.
- Change your tie when:
  - It has blood or dirt on it.
  - Someone else used it.
  - It is worn down.

### Needle size matters.

Length: How long the needle is

- IV: 8mm (<sup>5</sup>/<sub>16</sub>") to 12mm (½")
- IM: 1-1<sup>1</sup>/<sub>2</sub>"

Gauge: How big the needle hole is

• IV: 14G-31G; usually 27G-31G for unregulated substances

Connects the barrel

to the needle

IM: 23G-25G

Hub

## Some places are safer to inject.

**CHOOSE A SPOT** 

- · Inject towards the heart with the bevel up.
- Rotate injection sites to give skin time to heal and reduce scarring.
- Try arms before hands, hands before wrists, wrists before feet.
- Avoid neck and groin areas.

## Be gentle with injecting.

- Take your time.
- Drinking water = bigger veins.
- Use a tourniquet to find veins.
- Warm the injection area, squeeze towels, move around.
- Smoking or snorting a test dose can help reduce pokes.
- Carefully remove the needle at the same angle it went in.
- Use gauze to apply gentle but firm pressure.

## **ADDITONAL INFORMATION:**

**TAKE CARE** 

• Seek medical help early if you

or pain at the injection site.

· Avoid using alcohol pads after

• Do not use peroxide. It stops

healthy tissue from growing.

injection site-mouth bacteria

can cause serious infections.

swollen, or painful areas.

Avoid injecting into red,

• Don't lick the needle or

notice redness, warmth, pus,

Tend to your body.

injecting.

## Know about pills and acids.

- Try to filter pills more than once to reduce the amount of solid pill bits.
- Too much acid can harm your skin and veins. Use as little acid as possible.
- Vitamin C powder is the safest acid option.
- · Lemon juice, vinegar, and sugary drinks can cause fungal infections.

## Dispose of used supplies safely.

• Use a sharps container or thick plastic bottle.

> Check in with your local harm reduction program for more information, supplies, and resources.

## PARTS OF A SYRINGE:

## Plunger

Seals the substance inside the syringe and pushes it out

Measures and holds the substance, typically 1/3 CC to 5 CC

## **Dead space**

Leftover substance that remains inside the syringe after the plunger is fully depressed

Small hollow tube used for injecting or withdrawing substances



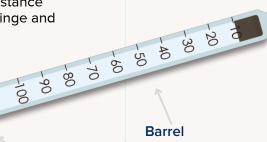
## Barrel

# Bevel

The angled, sharp tip of a needle. Bevel direction matters.

- Bevel Down to draw up against the cotton in a cooker
- Bevel Up to inject to keep skin healthier

## Needle



Flange

plunger

Finger support

and stopper for