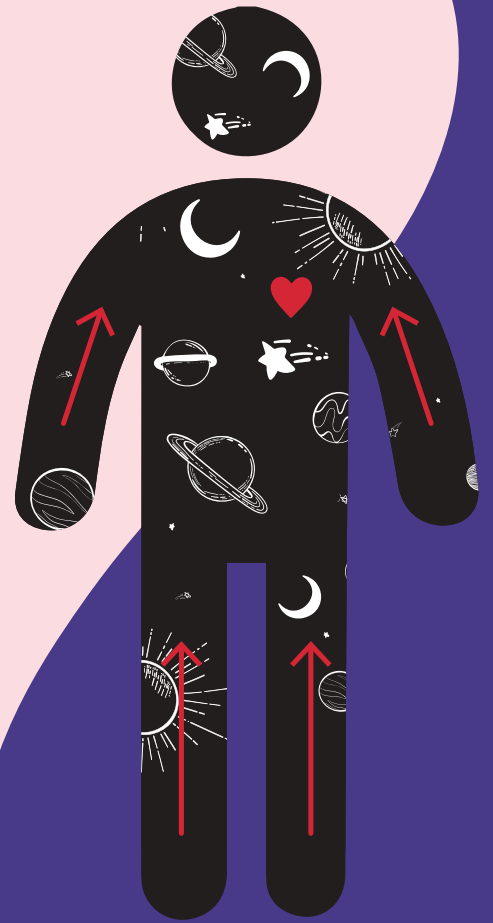


# VEIN LOVE VEIN FLOW

## GO WITH THE VEIN FLOW + INJECT TOWARD THE HEART

- Always inject into a vein and never into an artery.
- Veins don't have a pulse and the blood is dark red.
- Arteries have a pulse, and the blood is bright red.
- Arteries are located deeper in the body than veins and are not as visible as veins.
- Never inject where you feel a pulse.



# TRY BOTH ARMS

...BEFORE GOING IN  
HANDS, WRISTS, FEET,  
GROIN AND NECK

- Arms usually have 3 accessible veins.
- Practice shooting up with your non-dominant hand so you can switch arms and switch veins.
- To find a vein, try using a soft tourniquet that you can release quickly and easily. Ask you SSP for tourniquets and other supplies.
- For tracks, try vitamin E oil or aloe vera.

Bevel Up brought to you  
by NASTAD + National  
Harm Reduction TA Center

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