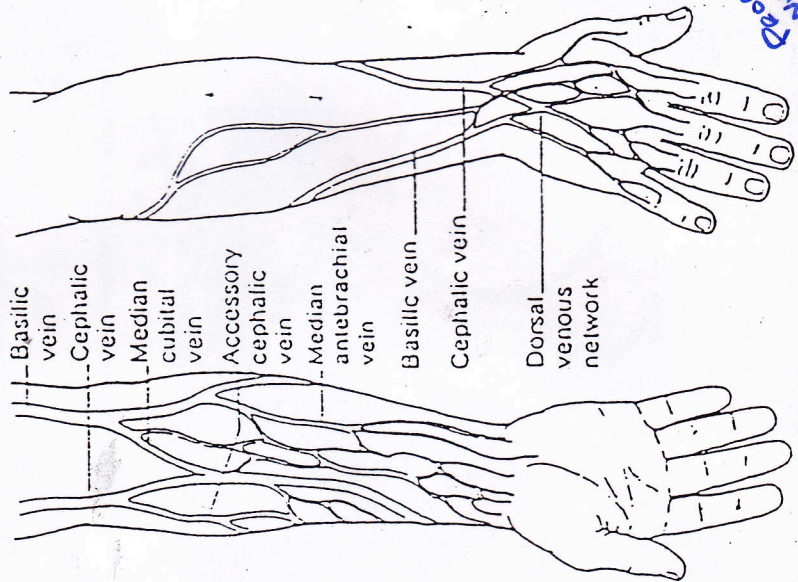


Avoid:

Injecting in the veins on your back, above the neck, or on your torso—these spots are too close to nerves!!!

Don't inject into a vein that is hard or that you've had trouble getting blood from before... It probably has clots in it and injecting here will only risk pushing the clots into your bloodstream.

Injection Sites where to inject safely



INJECTING DEEPER THAN 1/2 A CENTIMETER (5MM) OR YOU MAY HIT AN ARTERY... ARTERIES ARE DEEPER, HARDER TO PIERCE THAN VEINS, AND THE BLOOD SPURTS RATHER THAN OOZES....

INJECTING INTO BIG VEINS LIKE THE JUGULAR—STOPPING BLEEDING HERE CAN BE HARD AND THERE ARE MEGA NERVES IN THE NEIGHBORHOOD.

DON'T BEND YOUR ELBOW TO STOP BLEEDING—APPLY PRESSURE AND HOLD UP THE BLEEDING SITE.

Injecting into or around an abscess!! (If you've gotta inject around it, it's better to inject above it rather than below)

don't inject into the same vein twice in a row. Rotate injection sites to give the vein a break and a chance to recover

INJECTING IN TOES AND FINGERS—THEY'RE SMALL AND PAINFUL.