

# Vein Care

## Things to remember about veins:

They are NOT bouncy, those are arteries and you shouldn't inject into those.

Start as low as possible.

Use an elastic tourniquet. Do not use a lace or belt as they can twist veins.

Smaller is better. Smaller needles will cause less harm to veins.

When possible, use a new syringe and sterile water every time.

If you reuse a syringe, only reuse your own.

Inject slowly and remove the syringe slowly to prevent vein collapse.

SOURCE:

NATIONAL HARM REDUCTION COALITION

FOR MORE INFORMATION ON SYRINGE SERVICES:

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