

- Most common areas are the arms and legs near the injection site
- Uncommon areas of infection can occur near the abdomen, back, groin, scrotum and neck if injecting near these areas

CARING FOR AN ABSCESS

If the abscess is small:



- Apply a warm cloth for about 30 minutes, about 4 times a day
- DO NOT attempt to cut open the sore, unless you have been shown how to
- Cover an open abscess with a bandage to stop any drainage from spreading and keep the area clean

If the sore becomes bigger or more painful:

- Come into APSS on Thursday afternoons and have the nurse check it out
- See a doctor as antibiotics may be needed

RECOGNIZING AN OVERDOSE

Overdose symptoms vary depending on the drug used, but common signs include:

- Nausea and vomiting

- Extreme sweating
- Loss of muscle control
- Abnormal agitated behaviour
- Difficulty breathing
- Convulsions or seizures
- Drowsiness or unable to wake up
- Death

REACTING IN AN OVERDOSE

- Ensure the person is breathing and the airway is not blocked by vomit
- Try to keep the person awake, but DO NOT kick or hit the person to get them to respond
- Place the person on their side in the recovery position



**KNOW THE NUMBER
AND MAKE THE CALL
9-1-1**



**AIDS PROGRAMS SOUTH
SASKATCHEWAN**

**STAYING
SAFE
WHEN
YOU ARE
USING**

2911-5th Avenue

Regina, Saskatchewan

1 (306) 924-8420

TIPS FOR INJECTING

- Choose a safe and well-lit place to inject

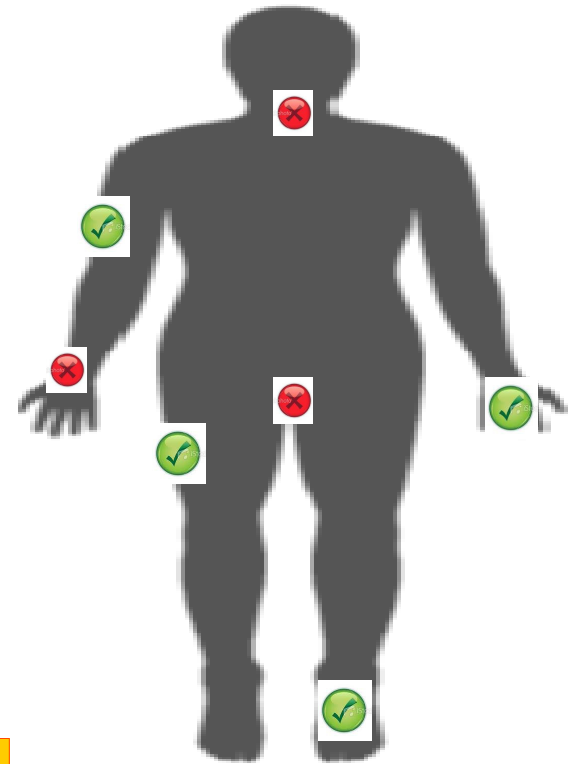


- Inject around people you TRUST
- Wash your hands and work surface
- Cook your drug in sterile water to breakdown the drug particles
- Use filters to reduce drug particles from entering the needles
- Use sterile needles; if you MUST reuse, clean your equipment with bleach
- NEVER share equipment or needles
- Use a clean tie to locate the vein
- ROTATE sites often
- Use alcohol wipes to clean the injection site to avoid infection and abscesses
- Inject with the BEVEL up every time
- Clean up your equipment



WHERE TO INJECT

- ✔ **ARMS:** The upper arms are the best; there are fewer nerves and the veins are large
- ✔ **HANDS:** Veins are easy to find and more stable for injecting
- ✘ **WRISTS:** There are more nerve endings and the veins tend to be smaller and more delicate
- ✔ **LEGS:** These veins are at greater risk of forming blood clots and blocking blood flow back to the heart
- ✔ **FEET:** These veins are delicate and the poor circulation to this area results in slow healing if you miss the vein
- ✘ **GROIN:** Sexually transmitted diseases make infections in this area likely to occur, so be sure to clean the area well
- ✘ **NECK:** Overdose can occur quickly, so use half the amount of the drug when using these veins



RECOGNIZING AN ABSCESS

Signs and symptoms to watch for include:

- Redness and swelling around or near an injection area
- Tender or painful area
- Fever is common if the infection has entered the blood stream
- Feeling tired or lack of energy