

## DON'T USE DRUGS ALONE

Carry **Naloxone**, know how to use it and let others know you have it.

**Never Use Alone Hotline:**  
800-484-3731

## LOWER RISK INJECTION SITES

There are some places on the body that are **safer** to inject into than others. Knowing these areas, as well as rotating injections sites and veins you use, will help you **heal faster**, and **help prevent infection**, vein damage, blood clots or bleeding that won't stop.

## WHAT IS HARM REDUCTION?

Harm reduction is aimed at reducing negative consequences of substance use. This can include providing people with sterile syringes or education on how to use drugs more safely. Harm reduction is about support, rather than judgment or blame.

### SCAN TO VISIT

Sexual Health and Harm Reduction Services Resources



SEXUAL HEALTH & HARM REDUCTION SERVICE

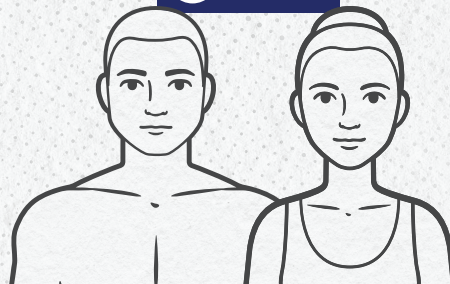


### SCAN TO DOWNLOAD

The Oklahoma Department of Environmental Quality's Guide to Safe Sharps Disposal



SEXUAL HEALTH & HARM REDUCTION SERVICE



# MAPPING THE BODY

LOWER RISK INJECTION SITES

## SAFER

- **Arms:** Your arms, between your shoulder and wrist, are safest.
- **Back of hand:** The veins in this area are fragile. Inject slowly and give these veins time to heal.

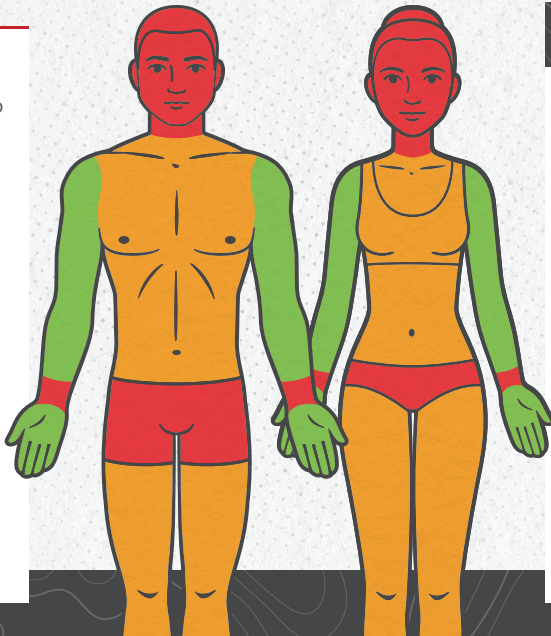
## TRY TO AVOID

- **Legs:** Inject yourself on the lower part of your leg before injecting on the higher part of your leg. You could get blood clots and cause serious problems.
- **Feet:** The veins in your feet are very fragile. Give these veins extra time to heal. If you have foot problems, do not inject yourself here.
- **Breasts:** Try not to inject in your breasts. Injecting into your breasts can also cause blood clots.

## DANGEROUS

### AVOID THESE AREAS

- **Neck:** The veins in your neck are very close to large arteries. If you do inject here, do not inject deep. You could hit an artery by accident.
- **Face:** Injecting into the face can cause serious health problems.
- **Wrist:** Your wrists are full of veins, arteries and nerves that are very close together. Injecting into an artery or nerve is painful and can cause serious health problems.
- **Groin:** The veins in the groin are very close to large arteries. If you do inject here and get a big bruise, get medical help right away.
- **Genitals:** The veins in your genitals are fragile and difficult to see. They are easily damaged and there is a high chance of infection.



## LEARN MORE

For more information on registering as a harm reduction program, email [harmreduction@health.ok.gov](mailto:harmreduction@health.ok.gov)

### TULSA

Health Outreach Prevention Education, Inc. (H.O.P.E)  
H.O.P.E. Testing  
([hopetesting.org](http://hopetesting.org))  
918-749-8378

Ernest Childers Department of Veterans Affairs Outpatient Clinic  
[Va.gov](http://Va.gov) | 888-397-8387  
VA Members Only

### OKLAHOMA CITY

Safety Harm Reduction Education & Delivery, Inc. (SHRED THE STIGMA)  
[shredthestigmaok.org](http://shredthestigmaok.org)  
405-295-5167  
Delivery: Monday, Wednesday, Friday

### MUSKOGEE

Jack C. Montgomery VA Medical Center  
[www.va.gov](http://www.va.gov) | 888-397-8387  
VA Members Only