

PROTECT YOUR VEINS

Preparation is Key!

- Always wash your hands and swab the injection site
- Use a new fit every time
- Drink water to plump your veins
- Use a new toruniquet
- Filter your mix

Reduce vein tearing and track marks

- Use the finest gauge possible
 - rotate injection sites
- Lightly pull back to check if syringe is in the vein
 - Inject slowly and evenly
- Always inject towards the heart
 - Always inject needle bevel up

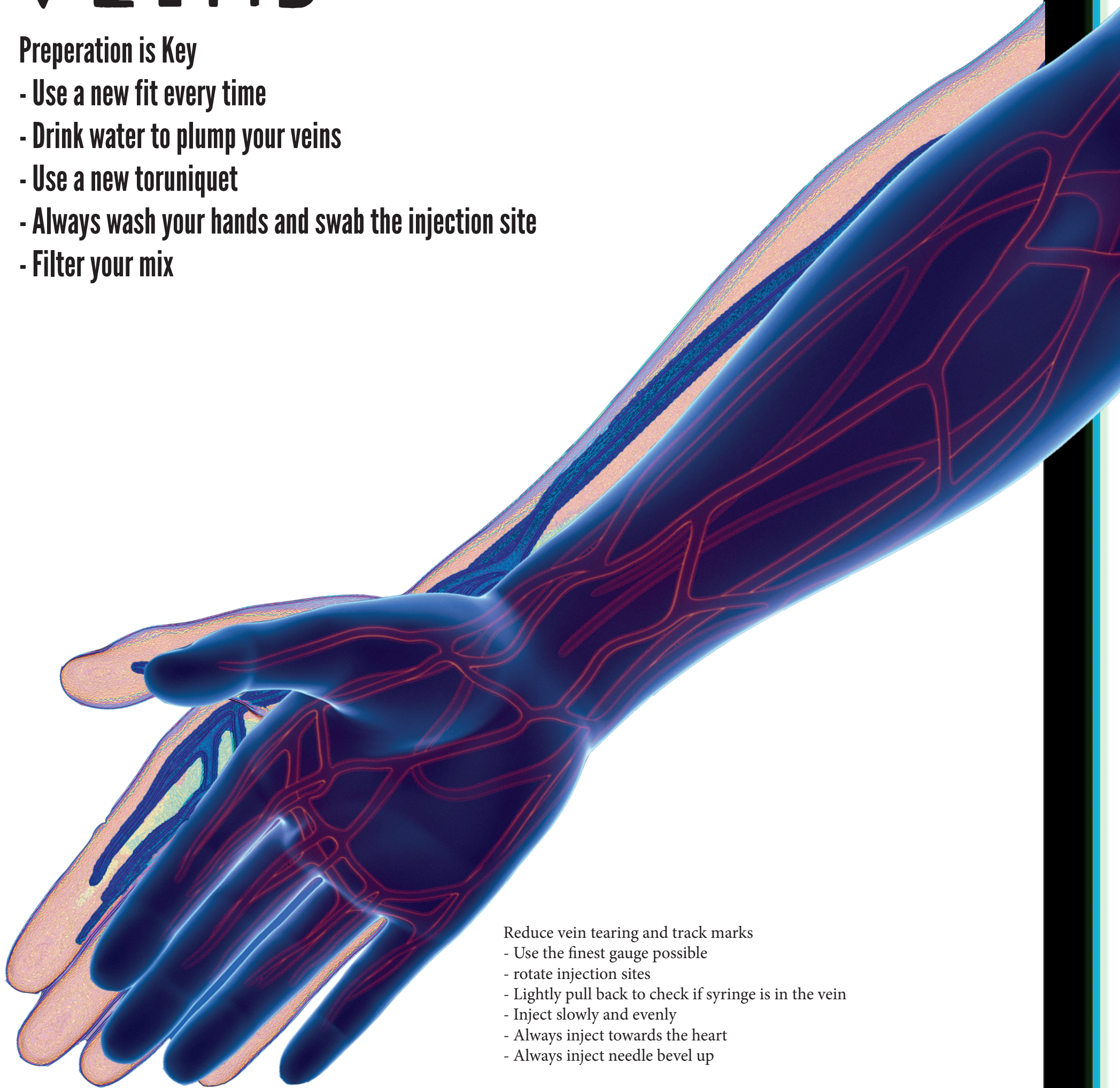
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