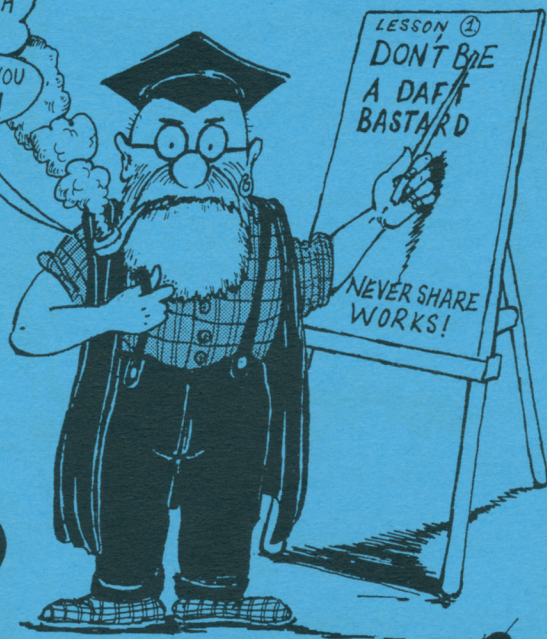


I HEAR SOME OF YOU DAFT YOUNG
BUGGERS ARE STILL MESSING UP WITH
YOUR INJECTIONS. THERE'S NO NEED
TO GET SCABBY LIMBS, OR ABSCESSES IF YOU
TAKE THIS ADVICE, SO PAY ATTENTION!

BACK TO JUNKIE SCHOOL WITH GRANDPA SMACKHEAD JONES



THE SUBSTANCE

1. **KNOW WHAT IT IS?** - DON'T INJECT ANY OLD SHIT.
2. **KNOW ITS PURITY** - USE A SMALL AMOUNT IF YOU'RE UNSURE.
3. **AMOUNT** - REMEMBER IF YOU STOP FOR A WHILE, YOU SHOULD USE A LOT **LESS** - YOU BUILD UP AND LOSE TOLERANCE. **DANGER OF OVERDOSE IF YOU TOP UP.**
4. **BEWARE OF MIXING DRUGS.**
5. **GRIND UP AS FINE AS POSSIBLE** IF USING POWDERED STREET DRUGS.
6. **TABLETS ARE NOT MEANT TO BE INJECTED**, SO THERE IS **NO SAFE WAY** OF INJECTING. THE CHALK CONTENT IN TABLETS IS A MAJOR CAUSE OF VEIN COLLAPSE AND BLOCKAGE. IF YOU USE TABLETS, **CRUSH THEM AS FINE AS YOU CAN**, BETWEEN SPOONS OR WITH A BOTTLE.

PREPARING THE INJECTION

1. **ESTIMATE THE DOSE**
2. **USE CLEAN EQUIPMENT** - WATER, FILTERS SPOONS, NEEDLES + SYRINGES. **DON'T SHARE ANYTHING.**
3. **WHEN DISSOLVING STREET HEROIN**, USE AS **LITTLE AS POSSIBLE** OF EITHER: CITRIC ACID OR VITAMIN C POWDER, VINEGAR OR LEMON JUICE. BUT **REMEMBER** LEMON JUICE/VINEGAR CAN CAUSE **FUNGAL INFECTION**.
4. **USE STERILE WATER** - PURIFIED WATER DISTILLED/FREEZER WATER/STEAMED WATER BOILED WATER.
5. **MIX AND HEAT IF NECESSARY**, HEAT AS LITTLE AS POSSIBLE.
6. **FILTER** BUT DON'T USE COTTON WOOL OR TOILET ROLL. **NEW CIGARETTE FILTERS**, ARE BEST.

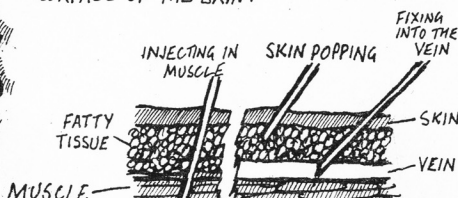
CHOOSING A NEEDLE

1. USE THE **SMALLEST** NEEDLE AND BARREL POSSIBLE BEARING IN MIND **WHAT YOU ARE TRYING TO INJECT AND WHERE YOU ARE INJECTING.**
2. NEEDLES COME IN VARIOUS LENGTHS: THE COLOURS SHOW THE THICKNESS OF THE NEEDLE (GREY 0.4MM, ORANGE 0.5MM, BLUE 0.6MM, GREEN 0.8MM, YELLOW 0.9MM)
3. THE 1/2 ML AND 1 ML ALL IN ONE INSULIN SYRINGE HAS A FINE POINT.
4. BARRELS ARE AVAILABLE IN VARIOUS SIZES. (SEE BACK PAGE)

TYPE OF INJECTION

THERE ARE THREE DIFFERENT KINDS OF INJECTION.

1. **INTRAVENOUS** INJECTION: FIXING INTO THE VEINS
2. INJECTING INTO THE **MUSCLE.**
3. **SKIN POPPING**, INJECTING JUST UNDER THE SURFACE OF THE SKIN.



CHOOSING A SITE

INJECTING INTO THE NECK IS VERY DANGEROUS **DON'T**

TOP OF THE ARMS ARE OK FOR INJECTING INTO THE **MUSCLE**

VEINS IN THE UPPER ARM ARE O.K. TO USE. TO AVOID COLLAPSING THEM ROTATE SITES OFTEN.

THE VEINS IN LOWER ARM ARE O.K. ROTATE SITES OFTEN.

WOMEN SHOULD AVOID INJECTING INTO THE **BREAST**

STOMACH O.K. FOR SKIN POPPING **ONLY**

THERE IS A DEEP VEIN (THE FEMORAL) ON THE INSIDE OF YOUR GROIN. BUT IT'S NEXT TO AN ARTERY AND A NERVE. IF YOU MISS YOU'RE IN BIG TROUBLE (SEE ARTERIES AND DIRTY HITS) **DON'T DO IT!**

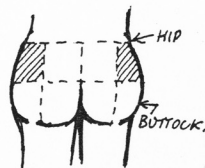
VEINS IN HANDS AND FINGERS ARE POSSIBILITIES. USE A FINE NEEDLE AS IT CAN BE PAINFUL. BEFORE INJECTING REMOVE ALL RINGS AS THIS COULD RESULT IN LOSING FINGERS.

BUTTOCKS AND TOP OF THIGH OK FOR INJECTING INTO THE **MUSCLE** USE ALTERNATE LEAS EACH TIME.

IF INJECTING INTO THE BUTTOCK. INJECT INTO SHADED AREA.

LOTS OF VEINS IN THE BACK OF YOUR **LEGS**, THE BLOOD FLOWS SLOWLY IN THESE SO INJECT SLOWLY.

THERE ARE LOTS OF SMALL VEINS IN THE **FEET** INJECT SLOWLY AS IT CAN BE PAINFUL



PREPARING THE SITE

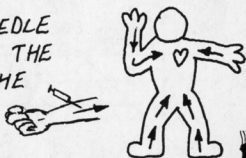
1. FIND A VEIN - AS FAR AWAY FROM THE CENTRE OF THE BODY AS POSSIBLE (SEE LAST PAGE)
2. USE A TOURNIQUET. RELEASE IT WHEN YOUR NEEDLE IS IN THE VEIN, BEFORE YOU PUSH THE PLUNGER IN.
ALTERNATIVE TO THE TOURNIQUET -
HOT BATH/HEAT/RUNNING ON SPOT.
3. **CLEAN** THE SITE - SOAP AND WATER IS BEST, IF NOT USE A SWAB - LET IT EVAPORATE.



FIXING (INTRAVENOUS INJECTION)

1. MAKE SURE THERE ARE NO **BUBBLES** IN THE SYRINGE. TAP BARREL/PUSH PLUNGER UNTIL A TINY DROP OF **LIQUID** APPEARS AT THE END OF THE NEEDLE.

2. INSERT THE NEEDLE AT AN ANGLE IN THE DIRECTION OF THE BLOODFLOW



3. INSERT WITH **CHAMFER UPWARDS**.



4. DRAW BACK UNTIL YOU SEE **BLOOD**.
5. TAKE **TOURNIQUET** OFF
6. DEPRESS PLUNGER **SLOWLY** AT A **STEADY** PACE.
7. **REMOVE** NEEDLE.
8. KEEP PRESSURE ON SITE FOR 2-3 MINUTES OR UNTIL **BLEEDING** STOPS.
9. **DISPOSE** OF WORKS **SAFELY** (BACK PAGE)
10. **DON'T** RESHEATH OTHER PEOPLE'S NEEDLES.

FOR MORE INFORMATION,
CLEAN WORKS AND
SOMEBODY TO TAKE
BACK YOUR DIRTY WORKS
CONTACT YOUR LOCAL
NEEDLE EXCHANGE
(SEE BACK PAGE)



SKIN POPPING

1. **SKIN POPPING** OR **INJECTING** JUST UNDER THE SURFACE OF THE SKIN. (SEE LAST PAGE)
2. **THIGHS, BUTTOCKS + STOMACH** ARE BEST.
3. **CLEANLINESS** IS VERY IMPORTANT, BECAUSE INJECTION LINGERS BEFORE IT DISPERSES.
3. USE 1ML INSULIN/SHORT ORANGE/GREY NEEDLES.
5. GO IN AT AN **ANGLE** TO MAKE SURE YOU STAY ABOVE FAT LEVEL.
6. **ROTATE** SITES OFTEN.
7. INJECT **SMALL** (PREFERABLY LESS THAN 1ML) AMOUNTS.
8. GIVE IT **TIME** TO TAKE EFFECT - 15/30 MINUTES.

INJECTING INTO MUSCLE

1. **SELECT** A GOOD PIECE OF MUSCLE - TOP OF ARMS, MID THIGH, BUTTOCKS - AVOID BREASTS.
2. **CLEAN** SITE
3. **DON'T** USE **ORANGE** NEEDLES AS THEY CAN **SNAP OFF**. USE **BLUE** OR **GREEN** INSTEAD.
4. IF INJECTING A **LARGE** QUANTITY - **SPLIT** AND USE TWO SITES.
5. **RUB** SITE TO DISPERSE DRUG - **STRETCH** SKIN TO AVOID BUILD UP.
6. GIVE ADDITIONAL 15 MINUTES FOR **EFFECTS**.

ARTERIES/DIRTY HITS

1. **NEVER** INJECT INTO AN **ARTERY** IT'S VERY DANGEROUS AND YOU COULD LOSE BITS OF YOUR BODY.
2. YOU WILL KNOW IF YOU **HIT** AN **ARTERY** WHEN THE PLUNGER IS FORCED BACK BY THE PRESSURE OF THE BLOOD. OR WHEN YOU PULL BACK THE PLUNGER THE BLOOD IS FROTHY AND RED.
3. IF YOU HIT AN **ARTERY**, PULL OUT THE NEEDLE, RAISE THE LIMB APPLY FIRM PRESSURE WITH YOUR THUMB FOR AT LEAST 15 MINUTES - IF BLEEDING CONTINUES **GET HELP**.
4. IF YOU GET A **DIRTY HIT** - YOU WILL FEEL LIKE **SHIT**. KEEP WARM/GO TO BED/TAKE AN ASPIRIN. IF IN DOUBT GO TO **CASUALTY**.