**FINDING A VEIN**

**NECK** - this is a high risk area
- There is a big vein and a big artery here.
**RISKS:**
- Hit the big artery and you could have severe bleeding.
- Swelling blocking your airway.
- Clots in your big vein very near your heart which could stop you breathing.
- Nerve damage and potential for an abscess in the neck.

**ARM**
- The lower you start the longer the veins will last.
**RISKS:**
- Abscesses & infections.
- Missed hits.

**HAND**
- Avoid use of fingers and palm of hand.
- Remember to take your rings off.
- Hands have thin veins, be gentle.
- Do not use wrist - big artery, veins, and nerves here.
**RISKS:**
- If you leave a ring on, the swelling can stop the flow of blood and you could lose a finger.

**TIP:** If you have to try a few times to find a vein always use a clean needle for each attempt.
**FINDING A VEIN**

**GROIN** - this is a high risk area

**RISKS:**
- Huge vein, nerve and artery into the groin. They crossover each other.
- Hit the big artery and you could have severe bleeding.
- Lots of germs here that can be passed into the body when injecting.
- Other risks include abscesses, blood poisoning, and loss of limb due to gangrene.

**LEGS** - this is a high risk area

**RISKS:**
- Are difficult to access especially behind the knees. They don't usually last for long.
- Injecting into varicose (swollen veins on legs) leads to ulcers.
- Risks of long-term abscesses, leg swelling and other infections.
- The highest risk of clots are in the legs.

**FEET** - this is a high risk area

**RISKS:**
- Lots of germs here. Swab well.
- Small veins so inject slowly. Only use short-term. Can lead to very painful feet.
- Infection and swelling. This can be very slow to heal. Seek medical help.

**TIP:** The penis, the armpit and breasts are also particularly dangerous sites.