**SHOOTING UP & NOT F*ING IT UP**

*A SKIN CARE GUIDE FOR PEOPLE WHO INJECT DRUGS*

**THINGS THAT PROBABLY WON’T KILL YOU**

- A little redness
- A bit swollen
- Itchiness
- Open skin
- Red skin
- Warmth

**MINOR SKIN ISSUES**

- Scratches
- Rashes
- Small sores

**CARING FOR MINOR SH*T**

- Wash with soap & water
- Apply a warm & wet face cloth every 2 hours
- Rest & use pillows to elevate arm/leg
- If skin is not open, apply oatmeal or baking soda mixed with water, reapply every 4 hours

**NOPE.**

- Try not to scratch
- Avoid antibiotics that haven’t been prescribed (only certain antibiotics are helpful for skin infections)
- Avoid cutting or opening your own wound (often makes infection worse)
- Avoid injecting in the same arm or leg as skin issue

**GET YOUR A**°** TO A HOSPITAL**

*(Or a clinic, or physician, or any damn medical place)*

- Fever
- Grey/blue/pale skin of hands/feet
- Numbness/tingling
- If affected area gets bigger/spreads
- If you can see bone/muscle

**ULCER**

May start as a small open sore or wound that doesn’t heal or gets bigger

**CELLULITIS**

Area of redness, swelling, warmth & pain that starts out small & spreads

**ABSCESS**

Swollen & painful area of the skin that is filled with pus

**NECROTIZING FASCIITIS**

"Flesh-eating disease", destroys tissue & appears blackened. GET EMERGENCY HELP.

**FIND MORE INJECTION SAFETY TIPS**

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