



VeinCare

Look after your veins

**When a needle feels blunt,
this is what it looks like.**

Imagine what it does to your veins.



**This needle has been through
the skin a few times
in the search for a vein.**

**You've only got one set of veins.
If you take care of them, they'll last longer.**

Go slow. Be gentle.
Rotate sites to let your veins recover.

Never re-use injecting equipment.

For more information, ask your drug worker for a copy of the Vein Care booklet.

**Exchange
Supplies.org**

tools for harm reduction