

SHOOTING UP & NOT F*ING IT UP

A SKIN CARE GUIDE FOR
PEOPLE WHO INJECT DRUGS

developed by nursing
students at the
University of New
Hampshire



THINGS THAT PROBABLY WON'T KILL YOU

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



MINOR SKIN ISSUES



scrapes



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



ABCESS

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

@

NHHRC.ORG

NHHRC 
NH Harm Reduction Coalition