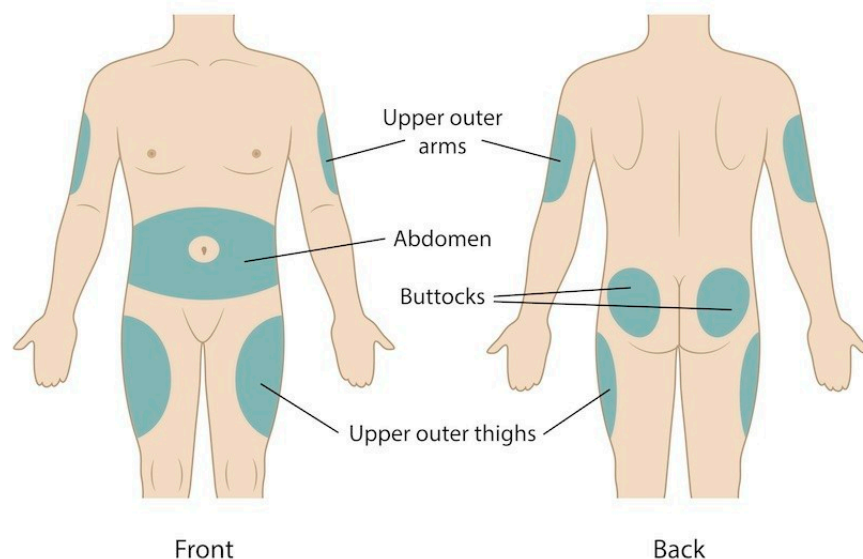


HOW TO GIVE YOURSELF AN INJECTION

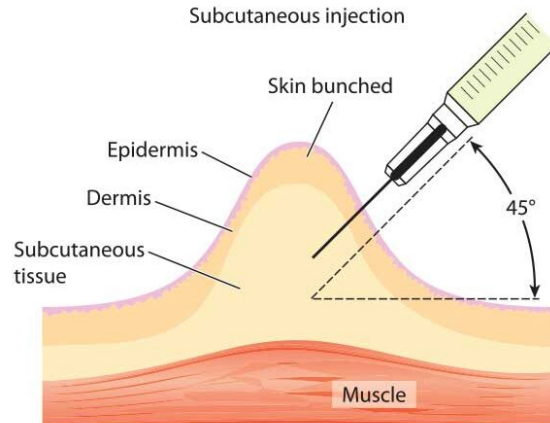
Please read through all the instructions before beginning to familiarize yourself with all the steps.

1. Select your injection site.
 - a. This must be an area that has a layer of fat between the skin and muscle – where you can “**pinch an inch**”.
 - b. This is called the subcutaneous tissue. The following parts of your body have great subcutaneous layers for injecting:
 - i. Outer surface of the upper arm
 - ii. Top of thighs
 - iii. Buttocks
 - iv. Abdomen (except the navel or waistline)



- c. Do **not** use the same site for injections each time – it is important to rotate injection sites. Rotate your injection sites in a regular pattern. You should be at least 1.5 inches away from your last injection site. Jot down on your calendar where you gave your last shot to help prevent giving the shot in the same place too soon.
2. Once you have selected your injection site, cleanse the area approximately 2 inches in diameter with a fresh alcohol pad or a cotton ball soaked in alcohol.
3. Wait approximately 15 seconds for the site to dry.
 - a. Do **not** blow on or fan the site.
4. Remove the needle cap.
5. Pinch a 1-2 inch fold of skin between your thumb and index finger.
6. Hold the syringe the way you would a pencil or dart.

7. Insert the needle at a 45-90 degree angle to the pinched up skin. The needle should be completely covered by the skin. If you do this quickly, you will feel very little discomfort.



8. Hold the syringe with one hand. With the other, pull back the plunger to check for blood.
 - a. **If you see blood in the solution in the syringe, do NOT inject.** Withdraw the needle and start again at a new site.
 - b. **If you do not see blood,** slowly push the plunger to inject the medication. Press the plunger all the way down to ensure that the full dose is administered.
9. Remove the needle from the skin and gently hold an alcohol pad or piece of gauze/cotton on the injection site.
10. If there is bleeding, apply a bandage.
11. Immediately put the syringe and needle into a puncture-resistant disposable container, such as a glass jar with a lid.
12. The used needles can be dropped off at any commercial pharmacy for disposal. Do **not** throw used needles in the trash.
 - a. See <https://safeneedledisposal.org/> for more information and to find the sharps disposal site close to you.