**Subcutaneous Injection Mat**

**Steps for a Subcutaneous Injection**

**Step 1: Gather your Supplies**
- Place the tissue/cotton ball/gauze and syringe on the mat
- Wash your hands thoroughly

**Step 2: Choose an Injection Site**
- Choose a location for the injection
- Make sure the area to be injected is clean (you can use an alcohol swab if you want)

**Step 3: Inject the Medicine**
- Remove the needle cap
- Hold the syringe upright and remove any excess air
- Gently pinch a fold of skin at the injection site
- Insert the needle at a 45 degree angle
- Slowly inject the medicine
- Remove the needle
- Apply pressure with tissue/cotton ball for 10 seconds

**Step 4: Dispose of the Syringe**
- Dispose of syringe in a sharps container

*Injection Site Locations*