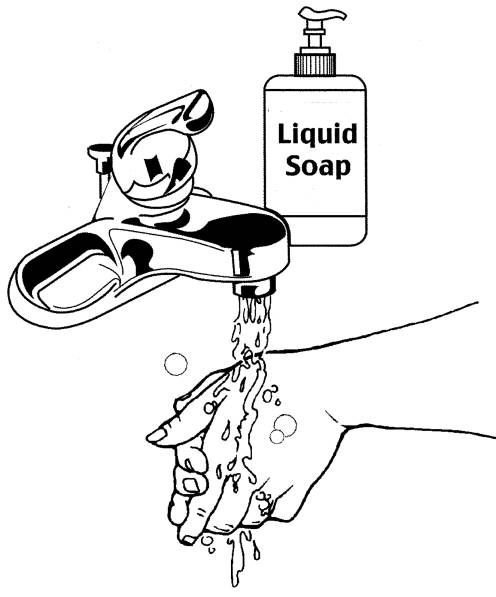
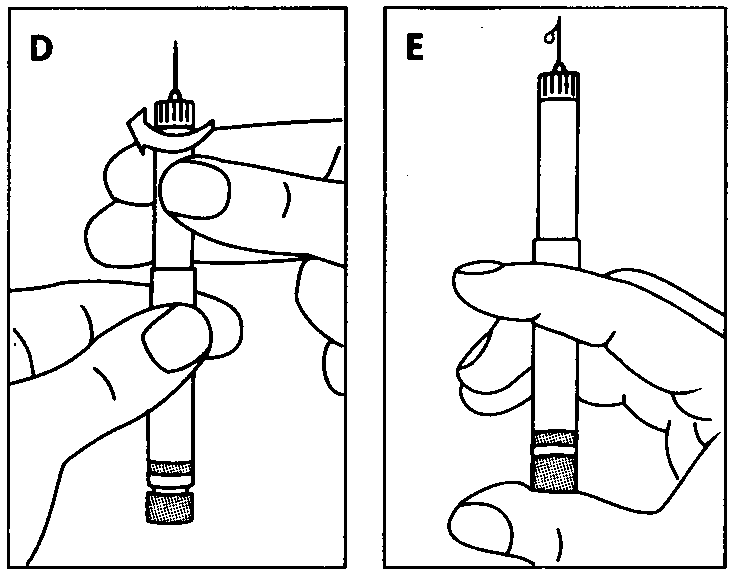
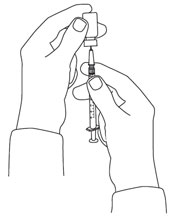
**Giving myself Insulin**





Get your insulin ready.

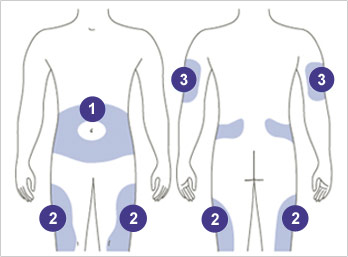


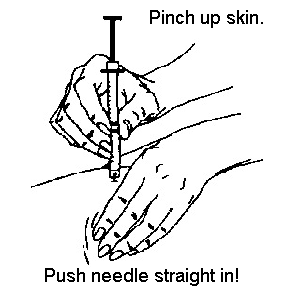
Wash your hands.

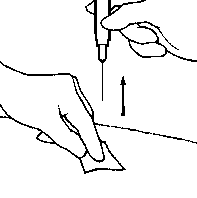
**OR**

 Pick a place to inject medicine and

**scrub with alcohol** until you count to 10.







Put **pressure** on the spot until bleeding stops.