

Safer Snorting Tips

Crush substance up well

Try to avoid using dollar bills and keys--use your own tools and try not to share

Wash your hands if you are doing a bump

Alternate nostrils between hits

Rinse nose with water after snorting to reduce irritation and dissolve remaining substance



Safer Snorting Tips Continued

Try not to use alone, use
with people you trust

Test your supply and go
slow

Keep naloxone nearby

