

Additional Resources

Watch this video about
safer snorting →



Or search “CATIE steps to safer snorting”

Place any state/city-specific
resources here (e.g., local syringe
service program)

SAFER SNORTING GUIDE



University of
Pittsburgh

What's in your kit?



Flat surface

- Use to crush and snort your drugs



Disposable straws

- Different colors to keep track of your own
- Avoid using dollar bills
- Can also use a fresh post-it



Plastic spoon

- Use instead of a key



Plastic razor

- Crush your drugs to a powder
- The finer the powder, the less damage to your nose



Alcohol wipes

- Keep all your surfaces clean

Decrease your risk of:



Nasal damage

The lining of your nasal passages can be damaged easily, leading to infections, nosebleeds, and even a hole in the septum.

- Alternate nostrils
- Crush drugs to a fine powder
- Flush your nose before & after with sterile water or saline. This will also help move along any residual drug
- Use vitamin E oil or water-based lubricant to soothe the inside after use



Infections

There are a lot of blood vessels in your nose that can break when snorting drugs. Viruses and bacteria can enter this way.

- Use clean equipment. Keys and dollar bills carry a lot of bacteria
- Avoid sharing equipment as small amounts of blood can be left on it



Overdose

- Test your drugs
- Have naloxone (Narcan) available
- Start low, go slow
- Don't mix substances
- Never use alone