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)
**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