

Protect your Nose

- Alternate nostrils
 - Gives each side time to rest and heal
- Take breaks between use
 - Constant use increases irritation and damage
- Avoid aggressive sniffing
 - Gentle inhalation reduces trauma
- Don't insert objects too far into your nose
 - This could damage the septum, and/or create nosebleeds, sores/scabs
- Keep your nose moist
 - Use saline spray before and after use
 - Use water based lubricants
 - Use a humidifier if possible
 - Avoid overusing medicated nasal spray - which can worsen dryness

Helpful Definitions

- Tooter - a small tube used to snort drugs through the nose, like a straw but smaller and sturdier
- Saline - a mix of sterile water and a small amount of salt
- Septum - the thin wall separating the two nasal cavities
- Inhalation - the act of breathing in

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Harm Reduction Technical Assistance Center

HRTAC

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Self-Care Techniques

After snorting, your body and nose may feel dry, irritated, or overstimulated. Taking time to care for yourself can help reduce harm.

- Eat
 - Foods like soup, fruit, or crackers
- Rest
 - Lie down in a comfortable place
 - Sleep if you can
- Calm your mind
 - Slow, deep breaths
 - Listen to music
 - Remind yourself the feeling will pass
- Cool yourself down
 - Use a fan or cool cloth
 - Take small sips of water

Use Your Own Supplies

Sharing snorting tools can spread infections through tiny cuts inside the nose.

- Always use your own straw, tooter, or tube
- Do not share even if the person is a friend or partner
- Sharing can spread diseases such as
 - Cold and flu
 - COVID-19
 - Hepatitis C
- Avoid using
 - Dollar bills
 - Keys
 - Anything that cannot be cleaned

Harm Reduction Checklist

This is a helpful starting point for practicing harm reduction on your own.

- Use your own supplies
- Make sure the substance is crushed into a fine powder
- Alternate nostrils
- Stay hydrated
- Use around others or have a safety plan in place
- Be aware of available naloxone
- Care for your nose after using
- Test your supply by using testing tools like fentanyl and xylazine test strips
- Regularly get tested for STIs, HIV, and hepatitis C