

How to Snort

Preparing to Use

- Use your own supplies
- Prepare your own portion rather than sharing with others
- Crush substances into a fine powder to reduce nasal injury
- Test your substances using fentanyl and xylazine test strips

During Use

- Start with a small amount - effects may take a few minutes
- Take turns using so someone is always able to respond in an emergency

After Use

- Watch for signs of overdose or overamping
- Rinse nasal passages gently with clean water or saline
- Seek medical care if you experience nose pain or bleeding

This publication was made possible by the Centers for Disease Control and Prevention (CDC) under the non-research cooperative agreement CDC-RFA-CE-23-0002: Overdose Data to Action in States. The contents of this publication are solely the responsibility of the authors and do not necessarily represent the views of the CDC.

Snorting 101: the Basics

Harm Reduction Technical Assistance Center

HRTAC

Powered by **viventhealth**

viventhealth.org/hrtac

What is Snorting?

Snorting is when a drug is inhaled through the nose and absorbed through the nasal lining.

Common Drugs That Can Be Snorted

- Stimulants - “uppers” that increase heart rate, energy, and alertness
 - Examples: Cocaine, Methamphetamines, Adderall, Ritalin, Vyvanse, Bath Salts
- Opioids - substances that slow breathing, block pain, and produce calming or euphoric effects
 - Examples: Heroin, Fentanyl, Oxycodone, Morphine, Codeine, Methadone
- Ketamine - a dissociative drug that changes how the brain processes sights, sounds, and sensations. It can make a person feel detached from their body or surroundings

Safer Equipment Options

- Use new straws or rolled paper
 - Single use paper straws are safest - this will result in less nose damage
 - Avoid using shared objects like dollar bills and keys
- Crush and snort on a clean surface to lower your risk of infection
- Choose the safest water source available to you for nose care and rinsing nasal passages
 1. Sterile water
 2. Boiled and cooled water
 3. Saline spray from sealed bottles
 4. Tap water
 5. Toilet tank water

Avoid puddles and bottled water that has been open for days to reduce the risk of bacteria and parasites

↑
SAFEST

Common Street Names

People don't always know the drug category of the substance they are using.

Opioids - may be sold as:
Heroin: dope, smack, H, brown sugar, horse
Fentanyl: fatty, china girl, tnt, goodfella
Oxycodone: OC, percs, hillbilly heroin, blues

Stimulants - may be sold as:
Cocaine: coke, blow, snow, nose candy
Methamphetamine: meth, crystal, ice, speed, glass

Ketamine - may be sold as:
K, Special K, KitKat, Vitamin K

Street slang can change quickly, and a name doesn't guarantee what a substance contains