

Practicing Harm Reduction

- Crush substances until it is in a fine powder form
- Prepare your own lines
- Use saline spray or water-based lubricant to reduce nasal damage
- Eat food, drink water or juice, and rest when possible
- Test for fentanyl and xylazine in your drug supply every time you use
- Be cautious whether you purchase from an old or new supplier. No one can be certain what's in the supply
- Regularly get tested for HIV, hepatitis C and STIs

Support Each Other

- Share knowledge about safer snorting
- Use around someone you trust
- Use a check-in process to ask about basic needs
 - Have you eaten today?
 - Had water?
 - Slept recently?

Snorting 102: Reducing Damage and Infection

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Harm Reduction Technical Assistance Center

HRTAC

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Nose Care

Caring for nasal passages:

The thin lining of your nose absorbs substances quickly but is easily damaged.

Repeated irritation can cause congestion, nosebleeds, sinus infections, and septum problems. This may lead to more serious complications over time.

Reducing nasal damage from snorting:

- **Rinse** your nose with sterile water before and after use to reduce irritation and remove leftover residue
 - Only do this if sterile water and clean hands are available
- **Alternate** nostrils to give each side a break and crush substances into a fine powder, since large crystals can cause more damage

Preventing Infection

Damage to the nasal lining can allow bacteria and viruses to enter the body and may cause bleeding.

Sharing snorting equipment can pass blood between people, potentially transmitting infections such as **hepatitis B and C**.

Using items like dollar bills or keys can expose you to unnecessary germs. It is safest to use **new straws or fresh rolled paper** that no one else has used.

Paper straws are recommended because they are gentler and less likely to cut your nose.

Tips and Tricks

People should use their own snorting supplies and avoid sharing equipment to reduce the risk of injury/disease.

- **Personal** snorting equipment
 - Add colored tape to a straw or use distinctive paper to keep track of your own supplies
- Start low and go slow to lower the risk of overdose or overamping
- Carry naloxone, know how to use it, tell others you have it, **share your resources**
- When you do not know what is in your supply, it is best to administer naloxone if you suspect someone is overdosing