

SOME TIPS FOR

Safer Snorting



TOOLS

- IDEAL-YOUR OWN PERSONAL SNUFF SPOON OR COSMETIC SPOON (EASILY FOUND ON AMAZON)
- 2ND BEST-PAPER STRAWS (NO SHARP EDGES) ROLLED PAPER (POST IT) WILL ALSO WORK
- DO NOT USE DOLLARS OR A KEY AS THIS CAN CAUSE BACTERIAL OR FUNGAL INFECTIONS!



TIPS

- ROTATE NOSTRILS, DO NOT USE THE SAME SIDE REPEATEDLY
- IF YOU'RE SNIFFING OFF YOUR HAND BE SURE TO WASH WITH SOAP AND WATER FIRST.
- DON'T SHARE SNORTING MATERIALS, SHARING ISN'T ALWAYS CARING.
- MAKE SURE TO FINELY CHOP THE SUBSTANCE BEFORE USE.



AFTER

- RINSE YOUR NOSE WITH SALINE NASAL SPRAY OR VITAMIN E OIL (STERILE WATER WORKS TOO, NOT TAP)
- IF YOU DO NOT HAVE ACCESS TO RINSING YOUR NOSE, DO NOT PICK AS THIS INCREASES THE RISK OF A NOSE BLEED

