

When equipment is shared, blood gets passed from the nose to the straw, tube, or ball, then passed to the next person who uses the same equipment. If the blood contains bacteria or viruses, it can cause an infection. Hepatitis B and hepatitis C can be passed through drops of blood that are so small you can't even see or feel them!

When you snort drugs, damage to the inner lining of your nasal passages creates an opening for bacteria and viruses to enter your body and causes small amounts of blood to leak out.

DON'T SHARE TOOLS

We never know what we touch in a day, reduce exposure risk by washing up first!

If you're snorting off, give them a good wash & dry.

WASH YOUR HANDS

Using keys for bumps may lead to bacterial and fungal infections. Use a cosmetic scoop, it's easier to clean and doesn't have sharp edges.

AVOID KEYS

Multicoloured straws are fun and will help you remember which one is yours. Rolled up Post-it notes work well too!

AVOID BILLS

USE A STRAW

There are many ways drugs are snorted. You might use straws, rolled paper, glass or metal tubes, or you may snort your drugs straight from your hand or a hard surface. Using your own equipment and not sharing with others is a good way to prevent harms.

The best way to prevent harms when snorting is to use your own equipment and not share with others.

SAFER SNORTING

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Take care of your nasal passages they're the only ones you've got

Your nasal passages have a thin lining that can absorb substances quickly and can also become damaged easily. Damage to this lining can cause sinus infections, congestion, nosebleeds and a breakdown in your septum (the division between your two nostrils). This damage can result in more serious problems over time.

SAFER SNORTING

After snorting, your nose may feel raw and irritated. Here are some ways to help reduce damage to your nasal passages and keep them healthy:

- Rinse the inside of your nose after snorting. Dab your fingers in sterile water and sniff the water up your nose until you feel it run down your throat.
- This will make your nose feel less irritated and will help move along any drugs that are left behind.

If your nose feels raw inside or if you have pain, you should talk to a healthcare provider or harm reduction worker.

- Switch nostrils to give each side a break.
- Crush substances (especially crystal meth) into a fine powder before snorting.
- Use vitamin E oil, saline spray, sinus rinse or a water-based lubricant to soothe the inside of your nose & help it heal.

TAKE AWAYS

- Use your own equipment or the back of your washed hand to snort drugs & do not share.
- Know the source of your drugs & prepare lines yourself.
- Crush your drugs into a fine powder
- Start low, go slow. Takes a few minutes for drugs to take effect & can be more potent than you realise.
- Don't use drugs alone. Carry naloxone, know how to use it and let others know you have it.
- Stagger use with other people, so someone is able to respond if an overdose happens.
- Avoid mixing substances. Mixing what you're using with alcohol, prescription drugs or other substances increases the chance of an overdose or poisoning.

SAFER SNORTING TIPS