

2C-B

4-bromo-2
5-dimethoxyphenethylamine

WHAT IS 2C-B?

- 2C-B (4-Bromo-2,5-dimethoxyphenethylamine) is a psychedelic drug first synthesized in 1974 by Dr. Alexander Shulgin.
- 2C-B is considered both a hallucinogen and a mild entactogenic. "Entactogen" means "touching within," and is a term used by psychiatrists to classify MDMA and related drugs.
- 2C-B belongs to a family of drugs known as the "2Cs." These include 2C-I, 2C-E, 2C-T7 and many others.
- 2C-B and the other 2Cs are usually sold as a white powder in baggies or gel caps, but are sometimes pressed into tablets resembling ecstasy tablets.

WHAT ARE THE EFFECTS?

- 2C-B is almost always ingested orally and can take anywhere between 30 minutes and a full two hours to take effect.
- A threshold dose (one that can just barely be felt) is between 2 and 5mg. An average dose is around 15 to 25m. And a strong dose is between 25 and 50mg.
- At lower doses 2C-B produces a mild entactogenic effect, with few or no hallucinations.
- At higher doses 2C-B produces intense visual effects. Moving objects leave "trails." Surfaces may appear covered with geometric patterns, and may appear to be moving or "breathing." Colors may appear from nowhere.
- Music can affect the 2C-B visual experience, causing the patterns, colors and movements to change. This blending of sight and sound is called "synesthesia."
- The visual effects of 2C-B can be more intense than those produced by LSD or mushrooms, yet most users report a relatively clear head space with significantly less psychological confusion.
- The effects of 2C-B last approximately four to six hours, with little to no residual effects.
- 2C-I, 2C-E, 2C-T7 and the other 2Cs are dosed differently than 2C-B and have different effects, including onset and duration. (See Erowid.org for detailed information on the 2Cs.)

BE CAREFUL

- Because prohibition results in an unregulated market, powder or tablets sold as 2C-B may be adulterated or contain a different drug entirely. **Always test your drugs before consuming them.** (DanceSafe sells testing kits online and at the booth that can positively identify 2C-B.)
- 2C-B is very 'dose sensitive.' Just a few milligrams more can create a much more intense effect. Use a milligram scale to measure your dose, and if you are experimenting for the first time, start out small.
- In some people, 2C-B can cause nausea, trembling, chills, or nervousness.
- Although most people find 2C-B easier to handle than other hallucinogens, the potential for a difficult experience still exists, especially with higher doses.
- While there have been no reported deaths from 2C-B, there have been from some of the other 2Cs. Very few clinical studies have been undertaken assessing their safety.
- As with all psychedelics, 'set' and 'setting' are important factors in determining whether someone has a positive or negative experience. "Set" is the mental state a person brings to the experience—their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is consumed. Being in a good mental state with trusted friends in a supportive environment before taking 2C-B reduces the risk of having a difficult trip.
- 2C-B and the rest of the 2Cs are illegal. Possession can result in long prison sentences. Supplying 2C-B to someone else (whether or not money was exchanged) can carry even longer sentences.
- **Be self aware!** If you choose to use 2C-B or any psychoactive drug, understanding your intention is the best way to maximize the benefits and reduce the risks.

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LSD



WHAT IS LSD?

- Lysergic Acid Diethylamide (LSD) is a hallucinogenic drug discovered in 1938. It was first ingested by the Swiss chemist, Albert Hofmann, on April 19th, 1943.
- LSD is most often absorbed into small pieces of paper called "blotter," but it can also be found in liquid form. It is almost always consumed orally.
- LSD is extremely powerful. A typical dose is between 100 and 200 micrograms (mcg), which is such a small amount it is essentially invisible. This makes it extremely difficult to measure. A single square of blotter or drop of liquid usually contains a typical dose, but may contain much more.

WHAT ARE THE EFFECTS?

- An LSD experience is often described as a "trip" because it feels like going on a journey. This experience may be broken up into four phases:
 1. **The Onset:** After about 30 minutes, colors appear sharper, moving objects leave "trails" behind them and flat surfaces may appear to "breathe."
 2. **The Plateau:** Over the second hour, the effects become more intense. Imaginary visions may begin to appear—from shapes in smoke to lines on the palms of the hand.
 3. **The Peak:** Time is slowed almost to a standstill. Users may feel like they are in a different world, or a movie. For some this is profound and mystical, but it can be very frightening for others.
 4. **The Comedown:** 5 or 6 hours after taking the drug the effects begin to subside. After 8 hours, the trip is usually over, although residual effects may last much longer.

BE CAREFUL

- Because of prohibition, LSD is unregulated. Other, far more dangerous drugs, such as 25I-NBOMe, have been misrepresented as 'LSD' and sold in blotter or liquid form, leading to numerous deaths. **Always test your drugs before consuming them.** (DanceSafe sells testing kits online and at the booth.)
- LSD trips can sometimes be frightening, inducing extreme anxiety and panic. Although rare, some people relive the experience days, weeks or even years later in episodes known as "flashbacks." Flashbacks are not unique to hallucinogenic drugs. They can result from any intense, psychological trauma.

- LSD may precipitate the onset of schizophrenia in genetically predisposed individuals.
- In a very small percentage of people, LSD and other hallucinogens have caused a long-lasting disorder known as Hallucinogen Persisting Perception Disorder (HPPD) that affects the person's visual perception.
- LSD can impair judgment. Never drive while under the influence of LSD.
- LSD is illegal and possession can result in long prison terms. Supplying LSD to someone else (whether or not money was exchanged) carries even longer sentences.
- **Be self aware!** If you choose to use LSD, knowing why is the best way to maximize the benefits and reduce the risks. Whether it's for insight, self exploration or simply for fun, your intentions will greatly impact the kind of experience you have.

WHAT IF SOMEBODY IS HAVING A DIFFICULT TRIP?

- As with all psychedelics, 'set' and 'setting' are important factors in determining whether someone has a positive or negative experience. "Set" is the mental state a person brings to the experience—their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is consumed. Being in a good mental state with trusted friends in a supportive environment before taking LSD reduces the risk of having a difficult trip.
- If someone is having a difficult or challenging psychological experience on LSD, take them to quiet surroundings where they feel comfortable. Find a friend who can reassure them. Clarify to them that their panic is caused by the drug, and will wear off soon.
- If you are at a festival, find out if Zendo is there. The Zendo Project provides safe spaces with trained staff to assist people having difficult psychedelic experiences.

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Alcohol



WHAT IS ALCOHOL?

- Liquid alcohol (a.k.a. "ethyl alcohol" or "ethanol") is a central nervous system (CNS) depressant drug.
- Alcohol is a natural product of fermenting sugars. It is usually made from grains such as hops, barley, rice and fruits, but it can also be made from other plants.
- Alcohol has been used for thousands of years by cultures around the world. Even animals are known to eat fermented fruits with the apparent intention of altering their consciousness.

WHAT ARE THE EFFECTS?

- Low to moderate amounts of alcohol can produce feelings of relaxation, lowered inhibitions, and increased sociability.
- Larger amounts can cause dizziness, nausea, slurred speech, slow reflexes, sleepiness, impaired judgment, dehydration and a splitting headache the next day.
- Overdoses can cause loss of motor control, blackouts (having no memory of what took place), temporary coma (passing out), and death.
- A standard "drink" is defined as 12 oz of beer, 5 oz of wine, or 1.5 oz of liquor (341ml, 142ml and 85ml, respectively.)
- It is the amount of alcohol you drink, not the volume of liquid, that affects you. That's why it's always good to know the alcohol content of whatever you are drinking.
- Wine and beer contain between 5% and 15% alcohol, while liquor usually contains up to 40% alcohol, and sometimes more.
- Alcohol affects people differently, and can affect the same person differently at different times. This depends on body weight, metabolism, tolerance from prior use, food in the stomach, and other factors.
- Know your own limits and pace yourself. A standard drink is metabolized out of your system in approximately 1.5 hours.
- At higher altitudes, alcohol can have a much greater effect than expected.

BE CAREFUL

- Alcohol has a high addiction potential. Tolerance can develop quickly and withdrawal symptoms can be severe, including nervousness, tremors, seizures and hallucinations.
- Some people are genetically more predisposed towards alcohol addiction than others.
- Consuming too much alcohol at once can cause death through acute alcohol toxicity. Every year in the US over 2,000 people die from accidentally drinking too much alcohol at once.
- There is nothing respectable about being able to consume more alcohol than someone else. "Drinking games" that test limits are especially dangerous.
- Long term use of alcohol can damage the liver and other organs in the body.
- Alcohol is neurotoxic and long-term use can result in severe, permanent cognitive impairments.
- Alcohol impairs vision and motor coordination. Drunk driving accidents in the US kill about 10,000 people a year, including over 200 children. Please never drink and drive.
- Drinking too much alcohol during pregnancy can cause the baby to develop fetal alcohol syndrome (FAS), which results in facial anomalies and neurological abnormalities.
- If you are the father or partner of an expected child and the mother has quit drinking, it is helpful (and way cool) if you support her by also quitting during the pregnancy period.
- Mixing alcohol with other sedatives, including prescription and over-the-counter medications, can be dangerous.
- In the United States, it is illegal to purchase alcohol if you are under 21 years of age, or to give alcohol to someone under 21.

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Cocaine*



WHAT IS COCAINE?

- Cocaine Hydrochloride is a bitter, numbing, white powder derived from the leaves of the coca plant, which grows mainly in South America.
- Until 1929, Coca-Cola contained cocaine (hence the name) and so did many other over-the-counter food and medicine products.
- Crack cocaine is made by chemically altering cocaine hydrochloride into freebase crystals or "rocks," which are easily smoked.

HOW IS COCAINE USED?

- The leaves of the coca plant can be chewed or made into a tea. Coca leaves are used this way legally in many countries as a mild stimulant similar to caffeine.
- Most often powder cocaine is snorted in small lines. The effects come on within minutes and peak after about 15-30 minutes, with a total duration of about an hour.
- When smoked in the form of "crack," the effects come on immediately but wear off much sooner.
- When injected, the effects are felt immediately and much more intensely.

WHAT ARE THE EFFECTS?

- Cocaine is a stimulant drug similar to methamphetamine, but much shorter acting.
- Cocaine causes a sudden increase in heart rate, blood pressure and body temperature.
- Some users report feelings of confidence, alertness, and a speedy euphoria.

WHAT IS THE DOSAGE?

- A typical snorted dose is between 30mg - 70mg.
- A typical smoked dose of crack cocaine is between 15mg - 50mg.
- Frequent users develop drug tolerance and tend to use more.

BE CAREFUL

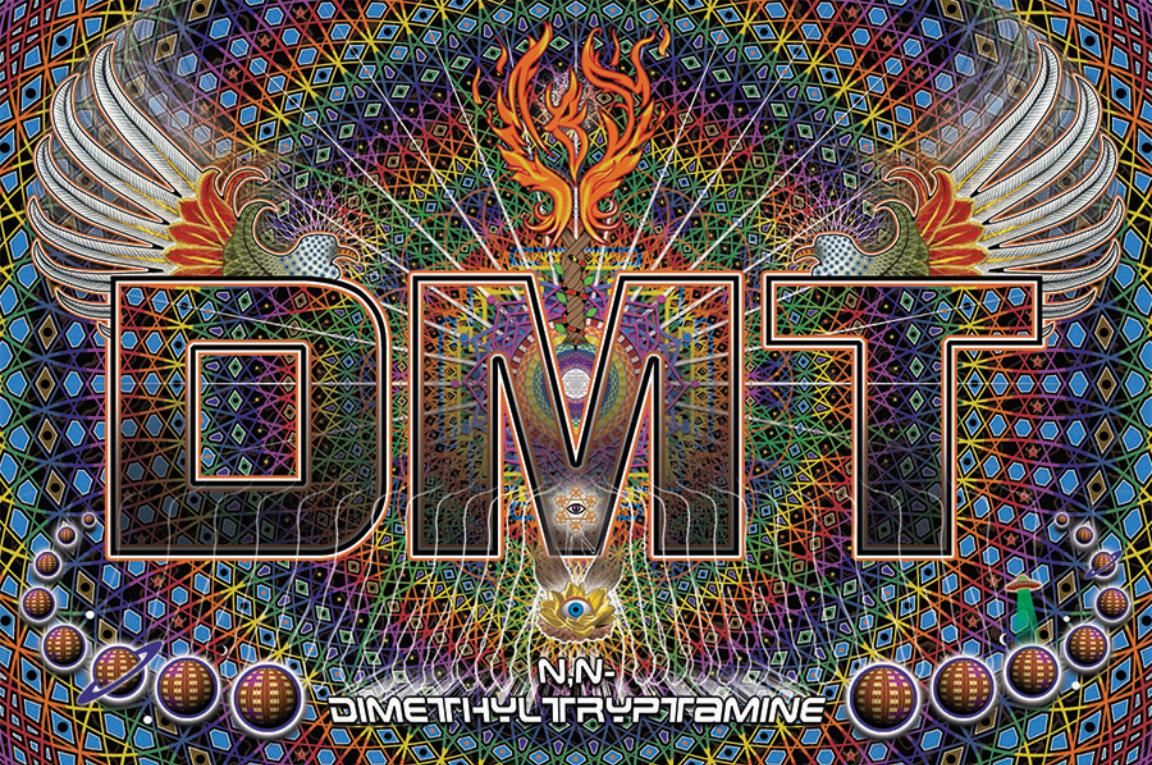
- Because of prohibition, cocaine is unregulated, and nearly always contains adulterants, including other stimulant drugs as well as benign and toxic cutting agents. (DanceSafe sells testing kits online and at the booth that can detect cocaine and many of its common adulterants.)
- Over 80 percent of US cocaine is cut with an adulterant called levamisole (a deworming agent), which can cause severe immune disorders in regular users. Symptoms can include dark skin spots around extremities and respiratory infections.
- High or frequent doses of cocaine can damage the heart and blood vessels, causing strokes, aneurysms, and heart attacks.
- Cocaine has a moderate to high addiction potential. Regular use can lead to physical dependency. Withdrawal symptoms can include depression and anxiety, which can last for many days.
- Cocaine is very short acting, and the after-effects (the "coming down" experience) can be quite unpleasant, including agitation, anxiety and dysphoria. This can easily lead to compulsive redosing, including fatally overdosing.
- The intensity of the unpleasant after-effects tend to increase when using higher or more frequent doses, and are much more intense when cocaine is smoked or injected.
- Repeated snorting can damage the membranes of the nose.
- Use of cocaine or any stimulant drug can lead to sleep deprivation and insomnia.
- Combining cocaine with other drugs substantially increases the risks of overdose.
- Sharing snorting devices can spread Hepatitis C and other diseases.
- Cocaine is a Schedule 2 controlled substance and is illegal to possess, distribute, or manufacture in the United States. Penalties for possession or distribution (regardless of whether money was exchanged) can carry long prison sentences.
- **Be self aware!** If you choose to use cocaine, knowing why is the best way to maximize the benefits and reduce the risks.

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N,N-DIMETHYLTRYPTAMINE

WHAT IS DMT?

- DMT, or N,N-dimethyltryptamine, is a hallucinogenic chemical found naturally in the human brain and many plants. It is the main ingredient in Ayahuasca, the South American shamanic brew used for centuries by indigenous cultures for spiritual divination and religious ritual.
- Depending on how it is processed, DMT can come as crystals, powder or a soft clumpy material. It often has a yellowish-orange-pink or brownish color, and a distinctive odor similar to mothballs.

HOW IS DMT USED?

- In Ayahuasca, a plant containing DMT is boiled together with a second plant containing a monoamine oxidase inhibitor (MAOI) such as harmaline, and the brew is consumed orally. The MAO prevents the stomach from breaking down the DMT, allowing it to enter the brain.
- Ayahuasca is almost always consumed ritually in a group, with a trained guide or "Shaman" who prepares and administers the brew.
- Effects from ayahuasca are felt within 20 to 60 minutes and last 2-6 hours. Lingering after effects can last many hours longer.
- Crystallized DMT can be smoked or injected, bypassing the stomach and directly entering the brain.
- Most people smoke DMT by vaporizing it in a glass pipe. It can also be mixed with parsley, mullein, or cannabis and smoked directly.

WHAT ARE THE EFFECTS?

- Effects from smoking DMT are felt instantly. Peak effects last about 5-10 minutes, with mild to moderate residual effects lasting 30-45 minutes.
- Even with low doses (one inhalation from a pipe), users report intense visuals. The environment may look like an animation. Faces can appear like cartoon masks. Colors shift and change. Auditory hallucinations are also common, but less intense.
- On higher doses of smoked DMT (two to three deep inhalations), profound experiences can occur. Users report visiting other worlds and talking with aliens or beings from other dimensions. Often these beings are benevolent, elf-like creatures.
- These experiences can be inspiring and transformative, or they can be overwhelming and terrifying.

■ Total ego-dissolution is common. Time stands still and the user loses all sense of separateness from the universe.

■ After 5-10 minutes there is usually an abrupt return to baseline, although the user can be "taken back" momentarily a few more times during the come-down experience.

BE CAREFUL

- The rapid onset and extreme intensity from smoking DMT can be overwhelming. Do not be fooled by the short duration! DMT is one of the most powerful psychedelics known.
- DMT and Ayahuasca can increase blood pressure and heart rate, and can be dangerous to use if you have a heart condition or high blood pressure.
- While DMT can produce self-insight, it can also exacerbate preexisting mental illnesses.
- Monoamine oxidase inhibitors (MAOI's) are extremely dangerous to combine with DMT.
- As with all psychedelics, 'set' and 'setting' are important factors in determining whether someone has a positive or negative experience. "Set" is the mental state a person brings to the experience—their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is consumed. Being in a good mental state with trusted friends in a supportive environment when using DMT reduces the risk of having a difficult trip.
- Always remain seated or lying down when smoking DMT, and always have a "sitter" (someone sober whose job it is to watch over you during the experience).
- Despite its natural presence in the human brain as well as thousands of plant species, DMT is a Schedule 1 controlled substance and possession with or without intent to distribute can carry long prison sentences.
- **Be self aware!** If you choose to use DMT, having an intention is the best way to maximize the benefits and reduce the risks. DMT is a good listener of the user's intention, and the drug often responds accordingly.

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GHB, GBL & BD

WHAT IS GHB?

- GHB (gamma-hydroxybutyrate) is a central nervous system (CNS) depressant that produces an alcohol-like intoxication.
- Almost always consumed orally, GHB comes in liquid form and has a salty-soapy taste.
- GHB is used medically for the treatment of narcolepsy, and is also a naturally-occurring brain chemical or *neurotransmitter*.
- Two industrial chemicals, GBL (gamma-butyrolactone) and BD (1,4-butanediol) convert to GHB in the bloodstream. They are also consumed in liquid form, although they have a more bitter, and unpleasant taste than GHB.
- All three chemicals (GHB, GBL and BD) are often interchangeably referred to as "G."

WHAT ARE THE EFFECTS?

- GHB, GBL and BD are sedatives that can make the user feel relaxed and more sociable.
- Side effects can include dizziness, sleepiness, minor muscle spasms, nausea and vomiting.
- At high doses they can cause a temporary coma or loss of consciousness. (The user passes out and cannot be woken up for 4-5 hours.)
- Effects from GHB and GBL can be felt within 30 minutes and last about 3-4 hours. BD takes longer to feel, and its effects last longer.

WHAT IS A NORMAL DOSE?

- Because G is almost always diluted into a liquid in varying concentrations, dosing can be difficult. A teaspoon is often a normal dose, but it could also be too much.
- Start small (half or quarter of a teaspoon) in order to find the right dose that works for you. Wait at least two hours before redosing. Many overdoses have occurred from people not waiting long enough before taking more.
- Remember, G is extremely dose sensitive. Even a slightly higher dose than normal can cause loss of consciousness.
- Using a measuring spoon, dropper, or syringe is a good way to accurately measure your dose each time.

- GHB tends to settle at the bottom of the bottle, causing later doses to be stronger than earlier ones. To minimize this effect, always shake your bottle before pouring your dose.

BE CAREFUL

- Combining G with alcohol, opiates, benzos, or any other CNS depressant is extremely dangerous and can be fatal, even if taken several hours apart.
- Never use G alone. If you pass out, your breathing passage can become blocked and you could suffocate.
- G has a moderate to high addiction potential. Daily use can lead to severe, physical withdrawal symptoms requiring medical assistance.
- Like alcohol, G impairs judgment and motor functioning. Don't drive on G. Even if you think you can drive fine, the effects of G can suddenly become stronger.
- Don't store G in a bottle that could be mistaken for water. Some people dye their G blue with food coloring in order to distinguish it from water and help prevent accidental dosing.
- GHB and GBL are illegal under federal and state laws. BD is banned under analogue laws in several states. Possession can result in long prison sentences.
- Be self aware!** If you choose to use G, having an intention is the best way to maximize the benefits and reduce the risks.

WHAT IF SOMEONE OVERDOSES?

- If you start to feel dizzy or sick, notify someone immediately. Loss of consciousness can happen very quickly with G. If you feel like you might pass out, lay on your side right away.
- If someone falls unconscious and cannot be aroused, call an ambulance immediately. Keep them their side or sitting up so they don't choke if they vomit. Make sure their air passage is clear and their chin is not pressed against their chest.
- If they are not breathing, begin (mouth-to-mouth) artificial respiration.

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Heroin

diacetylmorphine

WHAT IS HEROIN?

- Heroin, or diacetylmorphine, is made from the opium poppy. It belongs to a class of drugs known as opiates, along with opium, codeine, morphine and many others.
- Opiates bind to opiate receptors in the brain. The body's natural opiates are called endorphins.
- Heroin can come in a white or brownish powder (a.k.a., "China White") or as a dark brown and sometimes sticky substance (a.k.a., "tar").
- Heroin is most often injected, but it can also be snorted, smoked, or ingested orally.

WHAT ARE THE EFFECTS?

- Heroin reduces physical pain, and can produce feelings of wellbeing, euphoria, and contentment.
- Heroin is a central nervous system (CNS) depressant, and can slow down breathing, heart rate and blood pressure.
- Side effects can include nausea, vomiting, drowsiness, slurred speech, constipation, and itchiness.
- An average dose of heroin can vary widely, based on purity, tolerance and route of ingestion.
- When injected, the effects are felt within a few seconds. When smoked, within a few minutes, and when snorted, within 10-15 minutes.
- The effects of heroin typically last 3-5 hours.

BE CAREFUL

- Heroin is nearly always adulterated ("cut") with other drugs. It is never pure.
- Very often heroin is cut with extremely powerful synthetic opioids such as fentanyl. Fentanyl and fentanyl analogs have dramatically increased the heroin overdose rate, resulting in thousands of deaths each year.
- Test strips to identify fentanyl in heroin are available for purchase online at the DanceSafe website.
- Even when not cut with fentanyl, different batches of heroin can vary greatly in strength, making it one of the easiest drugs to overdose on, particularly when injecting.
- To prevent overdosing, many users will inject a small amount first (a.k.a., "a taster shot."). However, this safety measure has become less effective

because fentanyl and other synthetic opiates are rarely mixed evenly in any given batch of heroin. One part of a baggie may contain no fentanyl at all, while another part of the same baggie may contain a fatal dose.

- Mixing heroin with other drugs, particularly CNS depressants such as benzodiazepines, greatly increases the risk of overdose and death.
- Heroin has a high addiction potential. Withdrawal symptoms after long-term daily use are physically and psychologically painful, and can last for weeks.
- Sharing needles can spread diseases like HIV (AIDS) and Hepatitis. So can sharing cookers, filters, water or alcohol pads. Clean injection supplies can be obtained from syringe exchange programs and sometimes at a pharmacy.
- Injecting heroin can cause abscesses and bacterial infections. Use clean water when preparing to inject. Clean the injection site with an alcohol pad or antibacterial soap before you inject.
- Possession and sale of heroin are illegal and can lead to long prison sentences.
- Be self aware! If you choose to use heroin, having an intention is the best way to maximize the benefits and reduce the risks. Using multiple days in a row can lead to uncomfortable withdrawal symptoms that make it more difficult to remember your initial intention.

WHAT IF SOMEONE OVERDOSES?

- If someone stops breathing, has no pulse, or turns blue call 911 immediately. Tell the operator they have stopped breathing and begin artificial (mouth-to-mouth) respiration.
- Naloxone (a.k.a. "Narcan") is an effective overdose reversal drug available at CVS and elsewhere. Naloxone is administered either as intramuscular injection or as nasal spray. If you have naloxone available, administer it to the person overdosing immediately.
- It might take two or more doses of naloxone to reverse an overdose, particularly if fentanyl is involved.

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Special K

ketamine

WHAT IS KETAMINE?

- Ketamine hydrochloride (a.k.a. "Special K" or "K") belongs to a class of drugs called "dissociative anesthetics" that separate perception from sensation. Other drugs in this category include PCP, DXM and nitrous oxide.
- Ketamine was originally created for use as an anesthetic, and is still used today for general anesthesia in infants, persons of poor health, and by veterinarians.
- Recent studies have shown ketamine infusions can be an effective treatment for depression, and the drug is sometimes prescribed off-label for this purpose.
- The vast majority of illicit Ketamine is diverted from veterinary offices or legitimate medical factories in Asia.
- Medical-grade ketamine comes as a liquid, but is usually evaporated into a white powder and then swallowed or snorted.

WHAT ARE THE EFFECTS?

- At lower doses, ketamine produces a mild, trance-like or "floaty" feeling similar to nitrous oxide.
- Higher doses produce hallucinogenic and dissociative effects, and may cause out-of-body experiences.
- An out-of-body experience is often referred to as entering a "K-hole" and can be compared to a near death experience with sensations of rising above one's body. Other users report being "teleported" to other locations. Many users find these experiences spiritually significant, while others find them frightening.
- While in a K-hole it is dangerous and very difficult to move. Always remain seated or lying down during the experience.
- The effects of ketamine last about 30-60 minutes. If ingested orally, it can last up to two hours.
- Some people become nauseous after taking ketamine.

WHAT IS THE DOSAGE?

- Most people snort small lines or "bumps," and the effect comes on within about 5 to 10 minutes. (Onset can be much longer if swallowed.)
- 100mg is usually enough to enter a dissociative state (a.k.a. "K-hole").
- If liquid ketamine is injected intramuscularly, less is needed to enter a K-hole, and the effects can be felt within minutes. Ketamine is always injected into muscle. It is never injected into a vein.

BE CAREFUL

- Because of prohibition, ketamine is difficult to obtain, and people often sell counterfeit drugs as ketamine. Sometimes these are other dissociative drugs such as methoxetamine, deschloroketamine or 3-MeO-PCP, which can have quite different effects, onset times and duration. Sometimes they aren't dissociatives at all. A white powder could be anything. **Always test your drugs before you consume them.** (DanceSafe sells testing kits online and at the booth that can positively identify ketamine.)
- Ketamine is extremely dangerous to combine with central nervous system (CNS) depressants like alcohol, benzos or GHB.
- Ketamine has a moderate addiction potential. The dissociative effect can cause psychological dependence.
- Frequent use can cause disruptions in consciousness and lead to neuroses or other mental disorders.
- Long-term use of ketamine has also been linked to kidney and bladder damage.
- Do not try to walk on high doses of ketamine. You may not be seeing what is actually in front of you. Many people have fallen and injured themselves.
- Never use ketamine alone. Always have a "sitter" when taking high doses (someone sober whose job it is to watch over you during the experience). People have died after taking high doses of ketamine when their breathing passage became obstructed.
- Entering a K-hole can be an interesting experience, but it is not something to do in a public setting. If you want to enter a K-hole, do it with a close friend in a private setting.
- If you come across someone unconscious at a festival or party, find the medics or call 911 immediately. Put the person in the "recovery position" on their side to make sure their breathing passage is clear. If they are not breathing, begin artificial (mouth-to-mouth) respiration.
- Ketamine is illegal and possession can result in long prison terms. Supplying ketamine to someone else (whether or not money was exchanged) can carry even longer sentences.
- **Be self aware!** If you choose to use ketamine, knowing why is the best way to maximize the benefits and reduce the risks. Whether it's for therapeutic, *psychonautic* or purely recreational purposes, conscious use is always better than unconscious use.

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MARIJUANA



CANNABIS

WHAT IS MARIJUANA?

- Marijuana, in all its forms, comes from the cannabis plant.
- Cannabis contains one major psychoactive compound, Tetrahydrocannabinol (THC), as well as Cannabidiol (CBD) and at least 60 minor related chemicals.
- The dried buds of the female plant contain the highest concentration of psychoactive compounds in a naturally occurring product. These buds are usually what is sold and consumed as marijuana.
- Various 'concentrates' of cannabis are manufactured, including hash (compressed dry resin glands), oil (a resinous mixture of cannabinoids obtained from the plant by solvent extraction) and kief (the unpressed dry resin glands).
- There is clear evidence of cannabis use dating back over 5,000 years, and circumstantial evidence dating back over 10,000 years.

HOW IS MARIJUANA USED?

- Cannabis is usually smoked or vaped, although it can also be eaten.

Joints are the most common method of smoking but a wide range of pipes, bongs, hookahs, and other devices are also used.

- Before being ingested, the THC in cannabis must be activated in a process called 'decarboxylation.' This is often done by cooking the cannabis with lipids such as butter or oil.

WHAT ARE THE EFFECTS?

- In small quantities, many users find cannabis both relaxing and stimulating.
- Users report that their senses are enhanced.
- Cannabis use may increases appetite depending on the strain. Some strains do not increase appetite, however.
- In larger quantities, with stronger strains or when orally consumed, the effects of cannabis may feel similar to a psychedelic. Users may experience mild hallucinations, anxiety, or paranoia.
- Cannabis tends to cause an increase in heart rate, reddening of the eyes, and dryness in the mouth.
- Cannabis is used medicinally to treat the symptoms of a number of diseases such as cancer, glaucoma, and AIDS.
- Cannabis is a powerful antioxidant and anti-carcinogen.
- Hash oil is known to assist in the treatment of brain tumors, arthritis, and gastrointestinal reflux.

WHAT IS THE DOSAGE?

- As with all 'natural' drugs, dosage can vary significantly from one plant to another (or even one part of the plant to another). In states where Marijuana is legal, standardized

oil cartridges (with a known amount of THC and CBD per milliliter) are now available, allowing for known dosage for the first time.

- For smoked buds, doses range from 1/30th of a gram to 1/16th of a gram, depending on potency and tolerance. For concentrates such as hash or oil, a dose can be much smaller. A normal dose of high quality oil is less than 1/10th of a gram.
- With oral consumption, doses range from 5mg-100mg, depending on a person's body weight, tolerance, and metabolism.

BE CAREFUL

- Smoking anything, including cannabis, can damage the lungs, throat, and mouth. "Dabbing" increases this risk because the oil is often heated to an extremely high temperature.
- When eaten, it can take over an hour to feel the effects from cannabis. Users often consume more during this time, which can lead to a much more intense experience. Always wait at least two hours before eating more.
- Cannabis slows down reaction time and can impair driving.
- Some people feel uncomfortable, nauseous, or paranoid after using cannabis.
- Cannabis is a Schedule I drug, and getting caught with it can lead to serious consequences, including significant jail time.
- Even in states where Marijuana is now legal, federal law can still be used to prosecute those who use, buy, sell or grow Marijuana.
- Be self aware! If you choose to use cannabis, knowing why is the best way to maximize the benefits and reduce the risks.

IS CANNABIS ADDICTIVE?

- While some people use cannabis regularly, cannabis does not create a physical dependence and users do not experience withdrawal symptoms.
- Cannabis is not a "gateway drug" as has been contended. This notion has been empirically researched and debunked. Cannabis does not cause individuals to use other drugs. Cannabis may in fact be an "exit drug," resulting in lowered use of other, more dangerous drugs, particularly opiate painkillers.

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ecstasy



mdma



WHAT IS MDMA?

- MDMA is the drug originally called ecstasy. It belongs to a family of drugs called entactogens, which means "touching within." Other drugs in this category include MDA, MDE and MBDB.
- MDMA was first synthesized in 1912 by Merck Pharmaceuticals in Germany, although it was never tested on humans. The recreational use of MDMA did not begin until the 1970s.
- Before it was made illegal in 1985, MDMA was a therapeutic medicine. Studies are currently underway using MDMA to treat Post-Traumatic Stress Disorder (PTSD) and the drug is on track to be approved as a prescription medication by the FDA in 2021.

WHAT ARE THE EFFECTS?

- MDMA is a mood elevator that produces a relaxed, euphoric state. It does not cause hallucinations.
- MDMA is almost always swallowed as a tablet or capsule. Effects are typically felt within 20 to 40 minutes, and peak effects within 60 to 90 minutes.
- Sensations are enhanced and the user experiences heightened feelings of empathy, emotional warmth, and self-acceptance.
- The effects of MDMA subside after about 3-5 hours.
- Most users say the experience is very pleasant and highly controllable. Even at the peak of the effect, people can usually deal with important matters.

WHAT IS A NORMAL DOSE?

- For most people, a normal dose of MDMA is between 70 and 125mg. However, some people require more to feel the same effect, while others require less.
- Taking a single redose of 1/3 to 1/2 the original dose around the 2 to 3 hour mark can extend the experience a few more hours. Redosing any more than this usually will only increase side effects.

BE CAREFUL

- Because of prohibition, MDMA is unregulated. As a result, "Ecstasy" tablets and "Molly" powder can vary widely in strength. Often they contain no MDMA at all, but rather different, more dangerous drugs. **Always test your MDMA before consuming it.** (DanceSafe sells testing kits online and at the booth.)
- MDMA increases the risk of heat stroke. About 20 people per year in the US die of heat stroke after taking MDMA. Remember to take breaks from dancing, cool down, and stay hydrated.

- Some people have died from drinking too much water after taking MDMA. This is called "hyponatraemia" and happens when the body's electrolytes (salts) become diluted. Stay hydrated, but don't drink too much water. About two cups per hour is all you need.
- Studies have shown that high doses of MDMA can cause damage to serotonin axons in laboratory animals. It is possible that similar damage can occur in human recreational users who take high doses too often.
- Although most users feel fine the next day, often describing an "afterglow," some people experience depression the day after taking MDMA. Taking more MDMA at this point won't make you feel better. This is because MDMA works by releasing a natural chemical in your brain called serotonin, and you only have so much of it in storage. It takes about a week or two for your brain to replenish the serotonin released by MDMA.
- Mixing MDMA with alcohol, stimulants or other drugs can increase the risk of adverse reactions.
- MDMA is illegal and a conviction for possession or sale can carry long prison sentences.
- Be self aware!** If you choose to use MDMA, knowing why is the best way to maximize the benefits and reduce the risks. Whether it's for therapy, self-exploration or purely for recreation, understanding your intentions will help you assess whether or not they are being met.

IS MDMA ADDICTIVE?

- MDMA is not physically addictive. However, the drug can often take on great importance in people's lives, and some people become compulsive, every-weekend users.
- Compulsive users may be unconsciously trying to self-medicate for depression. However, MDMA is not a good long-term antidepressant. Effective treatments for depression are available from a qualified physician.
- If taken too frequently, MDMA can stop working. Users report that the "magic" goes away. This can last for many years. Remember, less is more.

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NITROUS OXIDE



WHAT IS NITROUS OXIDE?

- Nitrous oxide (a.k.a., "nitrous") belongs to a class of drugs called "dissociative anesthetics," which separate perception from sensation. Other drugs in this category include ketamine, PCP and DXM.
- Nitrous oxide has been used medically as a mild anesthetic in combination with oxygen for over a century, most commonly in dentistry.

HOW IS NITROUS OXIDE USED?

- Nitrous is most often sold in pressurized, small canisters for making whipped cream (hence the name "whip-its"), although it can also be found in tanks of larger sizes.
- When using whipped cream canisters, the pressurized gas is first dispensed into a balloon using a "cracker" or into another larger dispensing tank, after which it is inhaled.

WHAT ARE THE EFFECTS?

- Nitrous oxide produces a short, trance-like or "floaty" feeling. Perception becomes disconnected from sensations.
- Nitrous has significant auditory effects. Some external sounds may become quieter or muffled, while others may become louder and have a pulsing or vibrating quality often described as a kind of "wah wah wah" effect.
- Nitrous reduces anxiety and produces a mild euphoria, which can increase the propensity to laugh. Despite the nickname "laughing gas," uncontrollable laughter on nitrous is quite rare.
- The effects of nitrous come on immediately and last less than a minute. Repeated inhalations of nitrous oxide can extend and intensify the experience.
- On very high doses (many repeated inhalations), users often report an "otherworldly" mental state, and may experience visual hallucinations.

BE CAREFUL

- Always remain seated. The greatest risk of using nitrous is injury from falling down. Nitrous can produce an immediate loss of motor control, and there have been many injuries and even some deaths when people have fallen down after inhaling nitrous oxide.
- Your brain needs oxygen! When doing repeated doses, make sure and take at least a few breaths of fresh air in between nitrous inhalations. Brain damage and suffocation can result from oxygen deprivation.
- Never inhale nitrous oxide by yourself. It is possible to lose consciousness entirely under the influence of nitrous, and people have died after falling face-forward onto pillows or soft cushions, blocking their breathing passage. Always have a sober sitter.
- Never inhale nitrous directly from the whip-it canister or cracker. Compressed nitrous is at a high pressure and a freezing temperature, which can cause severe damage to the lungs, as well as burns to the throat and lips. Always dispense the gas into a balloon or a larger dispenser first and allow it to warm up before inhaling.
- Nitrous has a mild addiction potential. Long-term use can cause long-lasting numbness in the extremities and other neurological problems.
- The regular use of nitrous can deplete vitamin B12, which can cause serious (but rare) complications in individuals with lower than average B12 levels.
- Nitrous is legally available for over-the-counter sales, although in many states it is illegal to sell to a minor. Some states also have laws against inhaling nitrous for the purpose of intoxication, or possessing nitrous with the intent to inhale it. A person caught using it recreationally could face misdemeanor charges.

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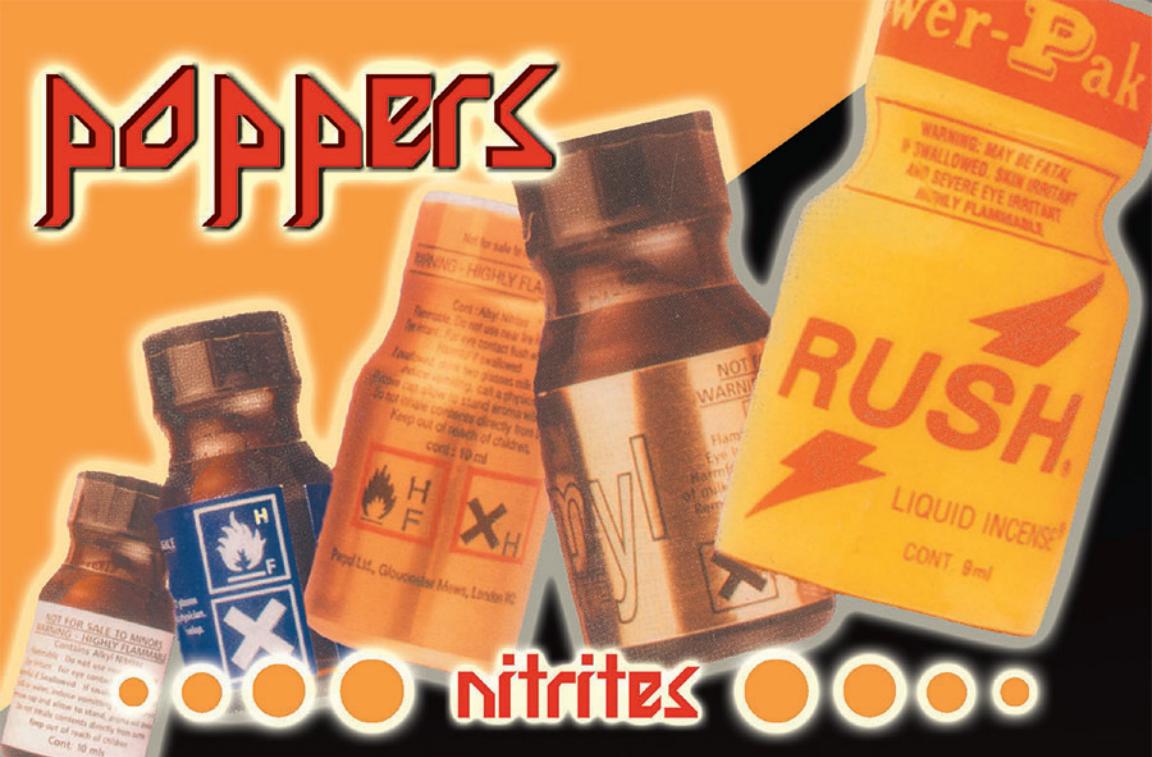
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POPPERS



WHAT ARE POPPERS?

- "Poppers" is a slang term for a class of chemicals called "alkyl nitrites" or simply "nitrites."
- Nitrites are used medically for the treatment of angina and other heart conditions, as they dilate blood vessels and allow blood to flow more easily to the heart.
- Recreationally, they are sold in little bottles as "video head cleaners," "polish removers" or "room deodorizers." Inside the bottle they are liquid, but because they have a very low vapor point, as soon as the bottle is opened or "popped" they turn into a gas.
- The vapors are inhaled from the open bottle immediately.

WHAT ARE THE EFFECTS?

- The effects from inhaling nitrites are felt within a few seconds and last for one to two minutes.
- Nitrites relax smooth muscles tissue around blood vessels, causing the blood vessels to dilate. This increases heart rate and causes more oxygen-rich blood to reach the brain, producing a "rush" sensation.
- Many users report dizziness or feelings that the room is spinning.
- Headaches are common due to the expansion of blood vessels in the brain.
- Because poppers relax muscles in the anus and vagina, they are sometimes used during sex to facilitate penetration.

BE CAREFUL

- Since poppers are not regulated, the exact contents of these products are not known, and they are not safety tested.
- Do not swallow the liquid inside the bottle as this can be fatal. If it happens accidentally, call 911 or Poison Control.
- Contact with the skin can cause irritation and rashes.

- Extensive use can damage the nose or lungs.
- Poppers are highly flammable. Keep away from cigarettes, candles, and lighters.
- Studies show that poppers reduce the functioning of the immune system for several days after use.
- Because poppers cause blood vessels to open, it is easier to get an infection, including sexually transmitted diseases such as HIV.
- Poppers pose extra risks for people who have suppressed immune systems, heart problems, low or high blood pressure, a history of cerebral hemorrhaging, anemia, or are pregnant.
- Combining poppers with stimulants like speed and cocaine increases risks. Combining poppers and Viagra is dangerous because both cause blood pressure to drop.
- Poppers can affect your judgment. If you are planning on being intimate, put on a condom before you use them.
- To prevent spilling and evaporation, pour a small amount in a separate bottle filled with cotton and store tightly sealed in a refrigerator or freezer.
- Possession of amyl nitrite without a doctor's prescription is illegal. Federal law bans the manufacture and distribution of butyl nitrite and related substances, although these provisions have not often been enforced.
- **Be self aware!** If you choose to use poppers, having an intention is the best way to maximize the benefits and reduce risks.

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Mushrooms



• • • psilocybin • • •

WHAT ARE MAGIC MUSHROOMS?

- Magic mushrooms are any of a variety of mushrooms that contain psilocybin or psilocin.
- Psilocybin and psilocin are psychedelic drugs that belong to the tryptamine family and have effects similar to LSD, but shorter acting.
- Magic mushrooms have been used for thousands of years by indigenous cultures around the world to induce altered states of consciousness during celebratory and religious rituals.
- Recent scientific studies have used psilocybin to ease end-of-life anxiety in terminally ill patients.
- Magic mushrooms are usually eaten raw or brewed into a tea. They can be consumed fresh or dried for later use.

WHAT ARE THE EFFECTS?

- At low doses, magic mushrooms produce feelings of relaxation, similar to cannabis.
- At higher doses, colors appear sharper, moving objects leave "trails" behind them and flat surfaces may appear to "breathe." Imaginary visions may begin to appear, as well as feelings of euphoria.
- Users often report laughing a lot and finding things funnier than they would normally.
- A mushroom "trip" tends to last about four to five hours.
- Many people say the mushroom experience is more "earthy" than other psychedelics, increasing emotional awareness and causing less psychological confusion.

WHAT IS A NORMAL DOSE?

- The amount of psilocybin or psilocin in magic mushrooms can vary greatly between strains as well as within the same strain, making it difficult to dose precisely.
- A typical dose of the popular strain, *Psilocybe Cubensis*, is about two dried grams. A threshold dose (one you can just barely feel) is considered around 1/4 dried gram, and five dried grams is considered a very strong ("heroic") dose.
- Starting out with a smaller dose and waiting at least an hour to see how it feels is always a safer way to avoid having too strong a trip.
- On an empty stomach, the full effects should be felt within 30 minutes to an hour. On a full stomach it could take much longer.

BE CAREFUL

- The greatest danger associated with taking magic mushrooms is accidentally ingesting poisonous mushrooms instead. There are about 200 species of edible, magic mushrooms, but only a handful of these are common. Learn how to identify them and always buy from a known, trusted source.
- Magic mushrooms may precipitate the onset of schizophrenia in genetically predisposed individuals.
- Mushroom trips can sometimes be frightening, inducing extreme anxiety and panic. Although rare, some people relive the experience days, weeks or even years later in episodes known as "flashbacks." Flashbacks are not unique to hallucinogenic drugs. They can result from any intense, psychological trauma.
- Magic mushrooms can impair judgment. Never drive while under the influence of magic mushrooms.
- Magic mushrooms are illegal. Possession can result in long prison terms. Supplying mushrooms to someone else (whether or not money was exchanged) and growing mushrooms (even for personal use) can carry even longer sentences.

MORE HARM REDUCTION TIPS

- Some users experience nausea during the first hour after consuming magic mushrooms. Boiling the mushrooms for twenty minutes into a tea before consuming them can reduce the chances of becoming nauseous.
- As with all psychedelics, 'set' and 'setting' are important factors in determining whether someone has a positive or negative experience. "Set" is the mental state a person brings to the experience—their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is consumed. Being in a good mental state with trusted friends in a supportive environment before taking magic mushrooms reduces the risk of having a difficult trip.
- **Be self aware!** If you choose to use magic mushrooms, knowing why is the best way to maximize the benefits and reduce the risks. Whether it's for therapeutic, *psychonautic* or purely recreational purposes, knowing your intentions is necessary to assess whether or not they are being met.

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SPEED

CRYSTAL METH



WHAT IS CRYSTAL METH?

- Crystal meth, glass and speed are nicknames for the powerful central nervous system (CNS) stimulant, methamphetamine.
- The terms "glass" and "crystal" are used to describe methamphetamine that has a crystalline-like appearance, rather than powder. The crystal form is seen as less likely to be cut with filler or crushed up pharmaceutical tablets such as Adderall or Ritalin.
- Methamphetamine was first synthesized in 1893 and was used widely by soldiers during World War II to increase stamina and reduce the need for sleep on the battlefield.
- Today, methamphetamine is sometimes used medically for the treatment of Attention Deficit Hyperactivity Disorder (ADHD) and obesity.
- Although similar to amphetamine, methamphetamine is more powerful, faster-acting and longer-lasting.

HOW IS METHAMPHETAMINE USED?

- Crystal meth can be swallowed, snorted, smoked, or injected.
- Swallowing is the most common method of using methamphetamine. The effects come on gradually and last longer than with other methods.
- Snorting makes the effects come on faster and can damage the nose.
- Smoking methamphetamine takes effect immediately and can more easily lead to addiction.
- Injecting is the riskiest method of using methamphetamine and can most easily lead to addiction and other serious medical complications.

WHAT ARE THE EFFECTS?

- In small oral doses (5-10mg), methamphetamine can increase alertness and the ability to focus. It also reduces appetite and lessens the desire and ability to sleep.
- Higher doses can produce a speedy euphoria, including an intense, initial "rushing" effect, especially when smoked or injected.
- Many users also report increased libido/sexual arousal when on the drug.
- Other effects include increased blood pressure and heart rate, and a rise in body temperature.
- Common negative effects include headache, anxiety, paranoia and delusions.

BE CAREFUL

- Methamphetamine has a high addiction potential. Coming down from meth can make you feel lethargic, anxious and depressed, tempting you to take more, which can lead to dependency.
- Many users seeking methamphetamine's euphoric rush will develop binging patterns, redosing multiple times a day for a number of days straight, then waiting a number of days before repeating the cycle.
- Methamphetamine is very long lasting, which can make it difficult or impossible to sleep. Sleep deprivation can have serious negative impacts on physical and mental health.
- Regular use of methamphetamine can change a user's personality, sometimes in detrimental ways that are difficult for the user to notice, although friends and family often notice it.
- Although rare, methamphetamine can cause seizures, heart attacks, strokes, and death from overdose.
- Many users become physically run down, which leaves them susceptible to a wide range of illnesses.
- Extended use of methamphetamine can cause paranoid delusions and psychosis.
- Injecting methamphetamine reaches the brain almost immediately, increasing the possibility of overdose.
- Injecting introduces impurities directly into the bloodstream and can cause septicemia and other infections.
- Repeated injections damage the veins, which can lead to thrombosis and abscesses.
- Sharing syringes can spread hepatitis and HIV, the virus that can cause AIDS. Clean needles are available from needle exchange programs.
- Mixing methamphetamine with other drugs increases the risk of adverse reactions.
- Methamphetamine is illegal. Possession can result in long prison terms.
- **Be self aware!** If you choose to use methamphetamine, knowing why is the best way to maximize the benefits and reduce the risks. Understanding your intentions can help you assess whether your use is becoming problematic.

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TOBACCO

MENTHOL

Nicotine



WHAT IS TOBACCO?

- Tobacco comes from one of seventy different commercially grown plants of the nightshade family and contains the stimulant drug, nicotine.
- Tobacco is indigenous to the New World, and was not introduced to Europe until the 1500s, although its use among Pre-Columbian cultures dates back thousands of years.

HOW IS TOBACCO USED?

- Tobacco leaf is usually smoked in cigarettes, cigars and pipes, but is also found in a powdered form called snuff (to be sniffed up the nose) and as dip and chewing tobacco.
- A type of 'wet' tobacco leaf is smoked in water pipes called 'shisha' or 'hookah'.
- Nicotine is also available in liquids of various concentrations and is inhaled using specially manufactured 'vaping' devices.

WHAT ARE THE EFFECTS?

- Nicotine increases pulse rate and blood pressure.
- The effects can usually be felt immediately, and can last up to 30 minutes depending on the dose.
- First time users often feel dizzy or nauseous, even after just a few puffs or "drags" from a cigarette.
- Regular users often report that smoking reduces their anxiety and helps them relax.
- Some smokers say nicotine reduces their appetite, so they eat less.
- The average amount of nicotine in a single cigarette varies greatly.

BE CAREFUL

- Tobacco is highly carcinogenic. Regular smokers have a much greater risk of developing lung cancer and other forms of cancer.
- If you choose to smoke tobacco, always smoke outdoors. Smoking indoors greatly increases lung cancer risk, as the smoke particles remain in the air for weeks or months, and are breathed into the lungs with every breath.
- Non-smoking spouses of indoor smokers have the same lung cancer rate as their smoking spouses. Indoor smoking also increases the cancer rate of pets living in the home.
- Smoking tobacco increases the risk of heart disease, circulatory problems, bronchitis and emphysema.

- Coughing, as well as other chest and breathing problems afflict many regular smokers.
- Nicotine in any form has a high addiction potential. Regular use can result in physical dependency with long-lasting withdrawal symptoms.
- Depression, irritability, restlessness and anxiety are some of the symptoms experienced by nicotine users in withdrawal.
- Smoking tobacco can cause bad breath and discolored teeth.
- Smoking during pregnancy can harm an unborn child, resulting in low birth weight and other complications. If you are the father or partner of an expected child and the mother has quit smoking, it is helpful (and way cool) if you support her by also quitting during the pregnancy period.
- Using 'snuff' and 'chew' can also result in cancers of the mouth, nose and throat.
- Be self aware!** If you choose to use nicotine, knowing why is the best way to maximize the benefits and reduce the risks.

WHAT ABOUT VAPING?

- Although available evidence indicates that vaping is far less risky than smoking, much is still unknown about the health effects.
- Vape juice is largely unregulated. The ingredients can vary between manufacturers, and some contain carcinogenic chemicals.
- Always store vape juice far away from children. The labels and sweet flavors can attract them, and children have died after drinking the contents of the bottle.
- Although vaping has helped many people quit smoking, it can also result in dependency and addiction.

IF YOU USE NICOTINE AND WANT TO QUIT

- Stay away from places where lots of people smoke.
- Tell all your friends and family that you are trying to quit, and get their support.

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