## Party & Play, in a Safe Way





## We advise you not to use, but if you do:

- Bomb instead of snorting / slamming
- If snorting, rinse nose, never share & alternate nostrils
- Avoid mixing with other drugs, alcohol or medications
- Crush, Dab, Wait! (2 3 hours before re-dosing)
- If overheating, go somewhere cool & have sips of water





