

Information for professionals can be found here: <https://sheffielddact.org.uk/drugs-alcohol/resources/spice-training-resources/>

**Harm reduction advice: Spice**

* **Start with small doses**. Use as little as possible to determine the strength.
* **Space out doses**. Wait for the effects to wear off before using again, to avoid over-intoxication.
* **Use Spice in a safe setting**, sitting down and indoors, as the effects can be unpredictable and users can be vulnerable to injury while under the influence.
* **Don’t use alone**. Have other people present in case of an emergency.
* **Don’t accept from strangers**. You may not know what, or how much, has been put into a joint.
* **Always mix with tobacco**. This is safer than using pure Spice.
* **Don’t mix with other drugs**. Spice can react with other substances, both prescription and illicit.
* **Be aware of uneven distribution**. The residue at the bottom of the bag may be far stronger.
* **Avoid use if you have existing health problems**. Spice can produce unpredictable and life-threatening effects and exacerbate mental health issues.
* **Remember** – Spice refers to many different chemicals, in many different concentrations, the long-term effects and risks of which are unknown.
* **Seek treatment**, advice and support from START on **0114 305 0500.**
* **In an emergency, call 999.**

19th January 2023

We have received reports of increased visibility of spice use and its effects in the city. This could be due to potentially dangerous/strong batches of Spice circulating in **Sheffield**.

Please be aware that the strength and ingredients in Spice may vary considerably and this may pose a risk to users. Risk of overdose is increased if Spice is used alongside other drugs such as heroin or benzodiazepines.

**Drug Alert: Spice**