

ADVICE ON SPICE



- ① **Start with small doses** – Spice is powerful even in very small doses and this can vary greatly between different batches regardless of tolerance. Although designed to mimic cannabis it can be 100+ times stronger with very different physiological effects and the possibility of overdose. Put as little as possible into a joint and only take small, occasional “tokes” to determine strength.
- ② **Use in a safe setting** – Try and use sitting down indoors as the effects are unpredictable and users may be vulnerable to injury whilst under the influence.
- ③ **Don't use alone** – Due to risk of psychological or physical complications it is always advisable to have someone else present in case of an emergency.
- ④ **Don't accept off strangers** – You can never tell how much someone else may have put into a joint and sometimes the incapacitating effects leave users vulnerable to theft or assault. Rolled up cigarettes in the street or ash trays may also contain spice
- ⑤ **Always mix with tobacco** – It is safer to blend spice with tobacco in a joint rather than to use pure or in bong/pipes as the effects will not come on as fast or as strong.
- ⑥ **Don't mix with other drugs** – Spice may react negatively with both illegal and prescription medications and in case of emergency medical professionals need to know what has been taken.
- ⑦ **Avoid using if you have pre-existing health problems** – Spice can produce a range of unpredictable and potentially life-threatening bodily effects such as raising heart rate & blood pressure and causing seizures. It has also been known to exacerbate mental health problems and even produce psychotic episodes.
- ⑧ **Space out doses** – Wait for effects to wear off before re-dosing to avoid over-intoxication. Spice is also highly addictive and if dependence develops this can lead to very unpleasant withdrawal symptoms.
- ⑨ **Be aware of dust/crystals** – Due to how the drug is sprayed onto smoke-able material it will not be evenly distributed throughout the bag and the residue at the bottom may be far stronger than the first few hits.
- ⑩ **Beware the unknown** – Spice refers to many different chemicals that haven't been fully studied and there may well be long-term dangers in addition to the current physical and mental health risks that aren't yet known.

