Snorting is a common way to ingest drugs.

- When drugs are snorted, they enter the bloodstream by being absorbed through the nasal membrane that lines the nose.
- It's a slightly quicker high than swallowing. Compared to injecting, you may feel the effects in 5-10 minutes.
- Though seen as slightly safer than injecting drugs, it still poses its own risks...

**Risks of snorting**
- Loss of smell
- Sinus infection
- Tooth Decay (from methamphetamine)
- Snorting long term can lead to damage of the nasal lining and septum (which leads to holes between your nostrils)
- Using items like dollar bills, keys, and other used equipment could expose you to germs

**- Snorting can cause damage to the skin around the nose and inside of the nose,**

- When snorting using objects like straws or dollar bills, small amounts of blood from the nose can end up on the apparatus, and when shared, this creates a risk for transmission of HIV/Aids and Hep C

**Safer Snorting Tips**
- Be sure to crush the substance up to a fine powder
- Alternate nostrils between hits
- Use a clean, preferably paper, straw (less likely to cut over plastic) to snort lines
- Use your clean hands to snort bumps
- Rinse your nose with water, apply a clean finger to sterile water and rub it in your nose, or squirt water nasal spray into your nose to dissolve the remaining substance
- Use your own snorting tools and try not to share

**- You can also dissolve your drugs in water to squirt up your nose instead of snorting**
  *Reduces chances of nasal damage*
- Insert the straw higher up in the nose so that less of the substance gets caught in nose hairs
- Apply vitamin E to the inside of the nose to promote healing
- Try not to use alone, use with someone you trust
- Keep naloxone close, even when snorting stimulants like cocaine, there's always a chance your drugs may have come in contact with opiates like Fentanyl
- Go slow, try a small amount first before taking a full hit
- Keep condoms nearby incase you have sex with someone

*Decreases chances of irritation to your nostrils