

nostrils regularly and take breaks.

WHEN INJECTING

- Use your own, new, sterile equipment, (inc. water). Where it isn't possible to get sterile water, use filtered or cooled down boiled kettle water. ***Bottled water is NOT sterile!**
- Don't share any of your equipment, (water, spoon, filters, etc), not just needles.
- Wash your hands AND injecting site thoroughly before and after with soap and water or a fresh alcohol swab.
- Wipe down the mixing area with warm soapy water or with a fresh swab.
- Avoid vein damage by rotating injection sites. Be patient!
- Drink lots of water & warm up your body before injecting to make veins more visible.
- Dispose of syringes & equipment responsibly. Look for Needle & Syringe Programs (NSPs) that use this symbol for disposal.



SAFER HANDLING

Carrying drugs & paraphernalia puts you at greater risk of criminal charges. You can still be charged with trafficking even if you don't actually deal.

KNOW YOUR LOCAL LAWS.

DRUG COMBINATIONS

** Polydrug use has many possible outcomes. What could be fun for one person could be dangerous for another.*

We recommend you proceed with caution.

DANGEROUS

MAOIs - increased potency of methamphetamine. Increased risk of cardiovascular disorders, psychosis, agitation and aggression.

Tramadol – has severe cardiovascular risks.

CAUTION

Caffeine – can lead to anxiety.

MDMA, speed, cocaine & other stimulants – combining stimulant drugs can lead to heart strain and potentially stroke.

Alcohol, GHB, benzodiazepines, opioids & other depressants – can counteract the subjective effects of ice, which can cause you to end up taking more, putting strain on your heart and causing more harm to your body.

MXE - can lead to hyper manic states.

LSD & other psychedelics – using ice while on psychedelics can make the psychedelic effects much more intense, potentially leading to anxiety and paranoia.

Cold & Flu medicine containing decongestants – can cause dangerously high blood pressure.

DRUG TESTS & ROADSIDE TESTS

Roadside Police Tests:

Methamphetamine is tested for in roadside drug tests and is detectable in saliva tests for 24 to 72 hours since you last slept (not last dose). It is illegal to drive under the influence of any illicit drugs, including ice and any driver may be subject to a roadside behavioural impairment test.

Workplace: OHS law gives employers rights to test employees for drug use. This should be contained in workplace policy, it should be reasonable, and a risk assessment should be done to determine whether testing of employees is appropriate.

Urine: up to 2-5 days; **Hair:** up to 90 days; **Blood:** up to 2-5 days

'Pill Testing'/Drug Checking: Lab-quality testing has been trialed in Australia but is not yet available as a health service outside the ACT. However, DIY reagent testing is an option. Mandolin, Marquis, Mecke and other reagents produce reactions with Methamphetamine.

MORE INFO:

This educational resource has been developed by people who use drugs for their peers and the wider community. The role of DanceWize is to provide practical, evidence-based, unbiased information to assist you to make educated choices and to promote harm reduction, community care, and wellbeing. In an unregulated market it's impossible to know the purity or dose of any substance. Taking drugs from an unregulated market carries its own risk, and you can educate yourself and practice harm reduction to reduce this risk.

Knowledge is power.

OTHER HELPFUL PEER BASED WEBSITES

AUSTRALIA

www.dancewize.org.au

www.dancewizensw.org.au

www.hi-ground.org

www.prism.org.au,

www.consciousnest.info

www.hrvic.org.au

INTERNATIONAL

www.erowid.org

www.tripsit.me

www.dancesafe.org

www.tripproject.ca

<https://www.kosmicare.org/>

www.pillreports.com

Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings'. Both HRVic & DanceWize post these Drug Alerts on our socials.



Meth

METHAMPHETAMINE

STREET NAMES

Cold, Shard, Crystal, Meth, Rock, Tina, T, Crack, Shabu, Frosty

CHEMICAL COMPOUND

Methamphetamine (N-Methyl amphetamine)

KNOW YOUR BODY & MIND - 'SET'
KNOW YOUR ENVIRONMENT - 'SETTING'
KNOW YOUR DRUG - 'PRACTISE HARM REDUCTION'

SAY 'KNOW TO DRUGS'.

DESCRIPTION

'Ice' is the (generally) common name for crystalline methamphetamine. Ice is a stimulant that acts on the central nervous system (CNS), speeding up breathing and heart rate. Methamphetamine stimulates the release of dopamine and noradrenaline from nerve cells in the brain. It is quickly and completely absorbed by the brain which is what causes the high to come on so quickly and intensely compared to other stimulants. Ice is generally in the form of translucent crystals, although often "speed" or "cocaine" sold as pills, capsules and powder will actually be meth. Chemically, methamphetamine (ice) and amphetamine (speed) have very similar structures. There is only one small structural difference that allows ice to enter your brain more quickly than an amphetamine can, which is why the onset of the high is faster and more intense.

ADMINISTRATION (MOST COMMON ROUTES)

Note: the way in which a drug is administered can dramatically change the strength and overall duration of any effects.

- **Smoked/inhaled** (5-50mg)
- **Snorted** (30-60mg)
- **Injected** (varies person to person)

DURATION OF EFFECTS

For ice when smoked/snorted/injected -

Total Duration: 4-12 hours

Onset: 0-10 minutes

Peak: 2-4 hours

Coming Down: 2-4 hours

After Effects: 2-24 hours

HALF LIFE (the time it takes for the amount of a drug's active substance in your body to reduce by half.)

Even though the apparent effects of ice may wear off after 6 hours, the drug is still active in your system for up to 12-24 hours after you have taken it. Remember this if using other substances or redosing.

EFFECTS

= 'Set' (your mind & body) + 'Setting' (environment) + Drug

KEY: 🟡 LESS COMMON 🔴 RARE

PHYSICAL

- Dehydration
- Increased energy and alertness
- Dilated pupils
- Insomnia - inability to sleep
- Increased sexual activity
- Excessive talking
- Hyperactivity
- Repetition of simple acts
- Increased body temperature and sweating
- Tightened jaw muscles, teeth grinding
- Loss of appetite
- Stomach cramps 🟡
- Headaches 🟡
- Dizziness 🟡
- Aggressive and violent behavior 🔴
- Itchiness- compulsive scratching of skin 🔴
- Nausea & Vomiting 🔴
- Diarrhea 🔴
- Shortness of breath 🔴
- Involuntary tremors and twitching 🔴
- Increased heartbeat 🔴
- Heart palpitations 🔴
- Collapse 🔴
- Seizures 🔴
- Stroke 🔴
- Coma 🔴

EMOTIONAL

- Euphoria
- Increased self-confidence
- Moodiness 🟡
- Irritability
- Aggressiveness 🔴
- Depression 🔴
- Suicidal tendencies/thoughts, (especially when coming down) 🔴

PSYCHOLOGICAL

- Increased motivation and focus
- Abrupt change of thoughts and speech
- Anxiousness 🟡
- Nervousness 🟡
- Restlessness and agitation

- Panic 🟡
- Sense of confidence and power (delusions of grandeur) 🟡
- Visual and auditory hallucinations (hearing voices) 🔴
- Psychotic episodes 🔴
- Mania 🔴
- Memory loss 🔴
- Excited Delirium Syndrome 🔴
- Panic attacks 🔴
- Suspicion & paranoia 🔴

LONG TERM EFFECTS

The long-term effects of sleep deprivation, dehydration and/or under-nourishment from long term, heavy ice use can cause cognitive impairment, insomnia, mental health crisis, psychosis, musculoskeletal damage, and tooth decay.

SAFER USING

- Try to **use in comfortable environments with** people you trust to look out for you if you overdo it
- **Eat about 30 minutes before use** and try to eat every 2-3 hours. If you're having difficulty eating, try to at least have a smoothie/sports drink to keep your electrolytes up.
- **Be aware of overheating** or an elevated heart rate and make sure to cool down & chill out regularly.
- **Keep your fluids up**, but don't drink too much - 1 cup of water (250ml) per hour when resting & 500ml per hour when active.
- Try taking magnesium or other supplements if you are unable to eat and using for an extended period.
- **Sleep!** Or at least lay down and take a substantial rest during a 24-hour period. Much of the harms associated with ice comes from sleep deprivation.
- Remember to brush your teeth at least once a day.

WHEN SMOKING

- Avoid sharing smoking devices to prevent sharing blood borne viruses such as Hep C.
- Keep your lips moisturised to avoid cracking & bleeding.
- Clean your smoking devices by soaking in boiling water.

WHEN SNORTING

- Crush into fine powder as crystals can cause little cuts.
- Snort water before and after to protect your nose.
- Use your own straw/spoon, (& not bank notes) to avoid infection or blood borne virus transmission (HIV/HepC).
- Repeated snorting can damage your nose, switch