



## 10 Harm Reduction Tips for Meth:

1. Sleep. Lack of sleep increases chances of negative side effects and psychosis. We all need a break sometimes.
2. Set personal limits on use. Meth is often characterized by compulsive redosing. Set a time and consumption limit for yourself. Only buy what you intend to use. Practice Moderation Management strategies.
3. Stay hydrated. Drink water; you'll feel better. Chew sugar-free gum to increase saliva production. Dry mouth causes complications and infections.
4. Take breaks. Keep your tolerance down with sleep, food, and water.
5. Avoid mixing substances. Especially alcohol and benzodiazepines. Also avoid MAOI's while using meth.
6. Sample it before you slam it. Test before you ingest. Avoid having a bad time. It doesn't come with a label so go slow. Fentanyl and other unwanted adulterants have found their way into the meth supply in NH. Use caution. Use fentanyl test strips and reagent test kits to learn what's in your bag. More synthetics have emerged and are being sold as "meth".  
[www.BTNX.com](http://www.BTNX.com) for fentanyl test strips. [www.dancesafe.org](http://www.dancesafe.org) for reagent tests.
7. Take a magnesium supplement. Ideally magnesium aspartate, citrate, lactate, chloride, and glycinate. 200mg of elemental magnesium once per day can reduce jaw clenching, teeth grinding, and tolerance.
8. Do not skin pop (IM) stimulants. This causes serious abscesses. Try changing your route of administration to reduce harm.
9. If injecting meth, always run it through a new cotton filter. Do not "backload" your shots. Use a cotton filter to protect your body from impurities and environmental contaminants. You do not want what's left behind the cotton in your body. Use a new cotton every time.
10. Know the risks. Know yourself. Know your drugs. Seek care and challenge yourself to improve your health and wellness and live a self-directed life. Know that there is help available. When you are ready you can call The Claremont Exchange at 603-276-9698 to learn more about treatment options for Substance Use Disorders.