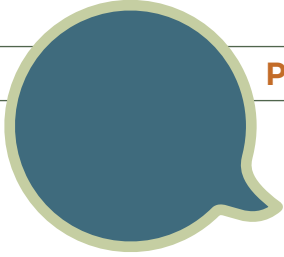




Prevention Education Treatment Recovery Assistance



TIPS FOR SAFER METHAMPHETAMINE USE

- ▶ Don't use alone..
- ▶ Take care of your health..
- ▶ Get plenty of sleep.
- ▶ Take breaks when using.
- ▶ Try a small test amount first; gauge your reaction.
- ▶ Go slow and set limits on use.
- ▶ Don't mix your drugs.
- ▶ Limit use when you are sick.
- ▶ Stay hydrated; drink plenty of water.
- ▶ Take magnesium supplements.
- ▶ Do not skin pop; inject under the skin.
- ▶ Strain impurities out through a cotton filter.
- ▶ Know the risks of using.

**AVOID OTHER STIMULANTS, INCLUDING INHALERS,
COFFEE AND CHOCOLATE.**

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