

SAFER


SOLO

SESHING

www.crew.scot

[@crew_2000](https://twitter.com/@crew_2000)





Since the UK has been in lock down for nearly three weeks now, it is more likely that people are taking drugs (including booze) alone or in smaller groups of people than usual.

All drug use has risks and now is a particularly risky time to take drugs. But if you are taking drugs there are ways that you can make sure you are staying as safe as possible.

CAUTION



WET FLOOR

The following points are for information only and does not constitute or replace medical advice. If you have medical concerns about your drug use, please speak to a medical professional.

By yourself, but not alone

Tell someone what you are planning to take, how much and when.

Avoid taking drugs alone but if you are by yourself it is a good idea to arrange someone to check in with you by text, phone or online.



Do your research

Spend time researching the drug you plan to take and if you can, get it tested. Taking drugs when you are by yourself might give you a different experience than you are used to.

Now maybe isn't the best time to try a new drug or to experiment with higher doses. Make sure you know the drug, know the dose and know yourself.

Set and setting

Think about how you are feeling, why you are taking the drug and your environment.

Make sure your surroundings are safe and comfy. It might be an idea to take time away from screens and turn off the news.

Take time to check in with how you are feeling. Decide who you can contact and what you will do if you start to feel anxious, low or unwell.

Start low, go slow!

Start with a test dose and wait at least two hours to feel the effects before taking any more. Remember, you can always take more but you can't take less.

Plan your doses in advance - use scales to measure your dose and take a note of the time between doses.

Drugs can affect your perception of time and how intoxicated you think you are!

Even if you aren't sharing with others, always practice good hygiene by washing your hands and cleaning all surfaces and equipment prior to use.





Let the DJ mix for you

Avoid mixing different drugs including alcohol and medicines as this can cause dangerous, unintended or unpredictable effects.

Lock down isn't the best time to try out new drug combinations.

Take time to research your medication or health condition.

What goes up...

must come down

Come downs and hangovers alone can be tough. Try to get a good sleep - avoid taking stimulants and sugar close to bedtime.

Avoid taking other drugs to come down.

Leave yourself time to re-adjust and try to keep the next day free to recover.

Eat healthily if you can and drink a herbal or isotonic tea. Multi-vits might help recovery.

The next day - look after yourself, relax, listen to some good tunes or watch films.

**Respect your body
and your brain:
you need them for
having fun**



**Always call 999
in an emergency**



Worried about Coronavirus?

Viruses and bacteria including, the common cold, flu and hep C, can be spread when people take drugs with unclean or shared equipment. To help prevent the spread, good hygiene practices are essential.

Taking Drugs?

- **Wash your hands for at least 20 seconds before and after you handle, prepare or take drugs**
- **Clean surfaces with alcohol wipes before preparing drugs**
- **Crush substances down as fine as possible before use to reduce soft tissue abrasions (cuts can increase the likelihood of disease transmission)**
- **Avoid sharing all paraphernalia (including snorting tools) - use colour coded straws so you don't get mixed up**
- **Give 'dabbing' from shared bags of drugs and sharing joints/cigarettes a miss**
- **Avoid using notes or keys which can harbour viruses and bacteria - use a clean straw, post-it or piece of paper and bin it after use**
- **Thinking about sex? Grab condoms, dams, lube and use them if needed!**



VISIT

WWW.

CREW.

SCOT

