4/20 and lockdown

Impact of lockdown

Lockdown is a new environment and if you aren't used to feeling the effects of cannabis alone it could make the experience different for you.

Read our Solo Sesh guide for some key harm reduction tips if you plan on taking drugs alone.

CREW

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.

CREW

Smoking increases the risk of respiratory complications. There have been observable differences between smokers and non-smokers in the severity of symptoms - smokers are at greater risk of hospitalisation, and are more likely to develop severe symptoms than non-smokers.

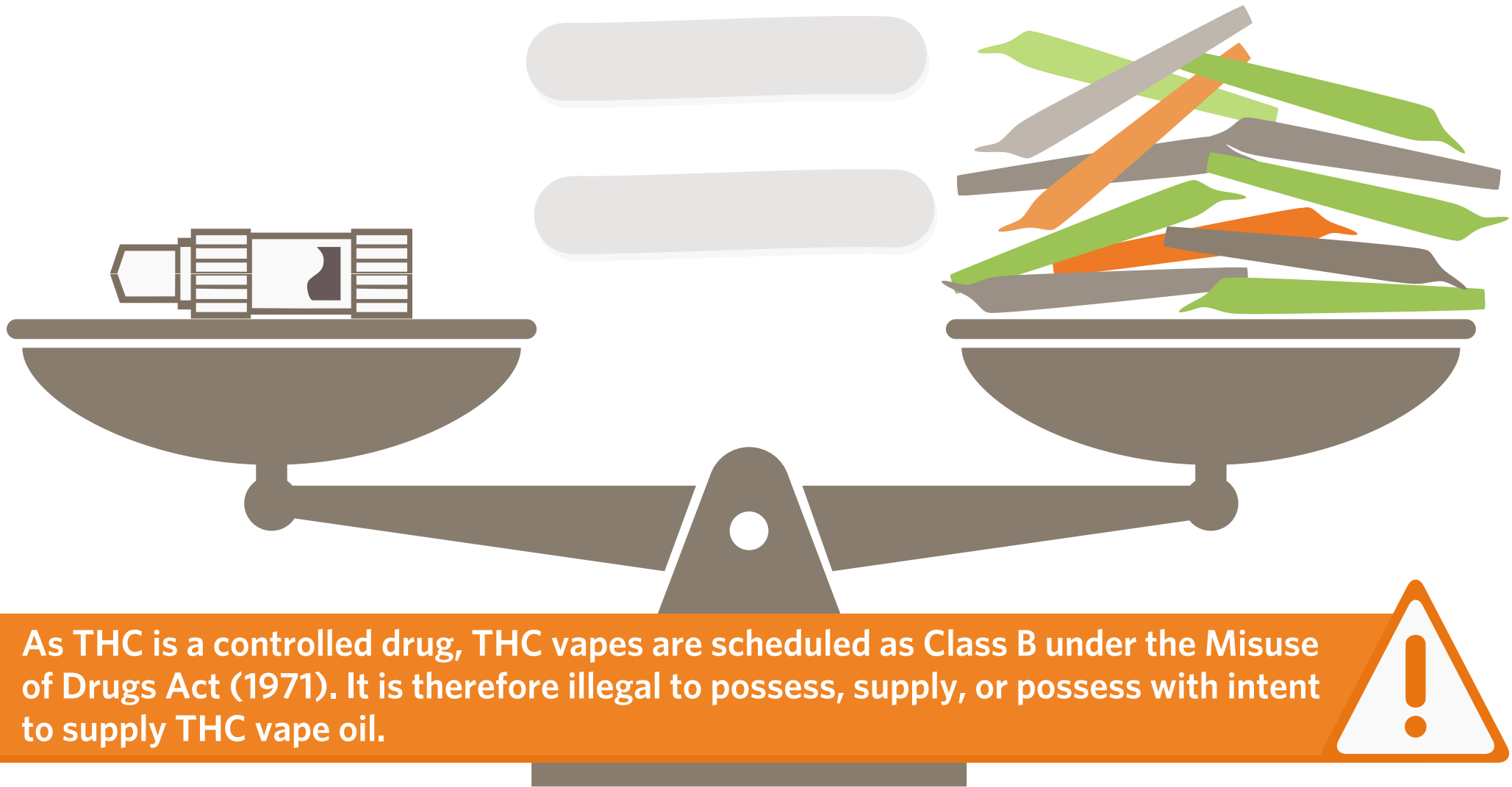
CREW

HOW MUCH ARE YOU VAPING !

One vape cartridge containing 1g of 80% THC oil

COULD BE EQUAL TO

4 grams of 20% THC bud (x12 330mg joints)



As THC is a controlled drug, THC vapes are scheduled as Class B under the Misuse of Drugs Act (1971). It is therefore illegal to possess, supply, or possess with intent to supply THC vape oil.

Munchies

People may decide that now is a good time to eat their cannabis in baked goods or other foods, instead of smoking it to avoid damage to their lungs.

If you do, it's important to think carefully about dose – you will need less to feel the effects than if the cannabis was smoked and it will take longer for them to come on.

Avoid the classic mistake of eating more before the effects of the first dose have kicked in.

Keep in mind when cannabis is eaten the effects lean more towards the psychedelic side so be prepared for that and know yourself. The experience may be stronger and last longer than smoking or vaping.

HARM REDUCTION

WASH AND PREPARE

Wash hands with soap and water before, and after, handling or preparing drugs. Clean all pipes, bongs or vapes regularly.

SHARING'S NOT CARING

Avoid sharing joints, pipes, bongs or vapes, as there is a risk of spreading viruses through sharing equipment.

SMOKING A JOINT?

If smoking, try to use non-printed card for roaches so you don't inhale ink chemicals. Better yet – ditch tobacco! Mixing with tobacco puts you at risk of nicotine addiction, and all the harms to the body from smoking

AVOIDING SMOKING AND VAPING

Avoid holding smoke in your lungs – this won't increase the high but can cause more damage. To reduce the potential health impacts from vaping, such as respiratory issues, it is possible to take THC in another form such as edibles.

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START LOW, GO SLOW

Take one or two draws and then take a break to let the effects come on before taking more. The risk of the effects being overwhelming is increased if you take too much too quickly – dose low, go slow!

STAY HYDRATED

It is important to stay hydrated. Take small regular sips of water to help reduce the feeling of having a dry mouth. Make sure not to drink too much, avoid drinking more than half a pint (285mL) of water or isotonic drink per hour.

BRUSH YOUR TEETH AFTER SMOKING AT NIGHT

Smoking, or vaping (especially with flavourings) can be bad for your teeth. Keep in mind: to prevent dental erosion, it's also important to wait 20 minutes before brushing!

While many people may feel that cannabis keeps them well and is something that boosts their immune system - you should be very careful about anything that advertises cannabis or cannabis products (like CBD) as a cure or prevention method for a range of illnesses.

It is best to check with your GP or on NHS Inform for clear information, or guidance, so you can make decisions. for you.

You can also contact Crew!

crew.scot

Blazing too much?

Leave yourself time to re-adjust keep an eye on your tolerance when you are taking cannabis.
Tolerance can build up and you may want to try a tolerance break:
Taking time off from cannabis to allow your body and mind to recover.

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

POTENTIAL SIGNS OF A SYNTHETIC CANNABINOID EMERGENCY

OVERHEATING

FEAR/PANIC

NAUSEA/ VOMITING

SEIZURES/ FITTING

UNCONSCIOUS

IN AN EMERGENCY

Always call 999 and try to give as much information as possible.

Try to reassure and calm them. Discourage them from adding other drugs to the mix.

If the person is breathing, put them into the recovery position (or on their side).

If the person stops breathing, perform CPR where possible (if you call 999, the call handler will give you instructions).

If you are in Edinburgh and the Lothians and are concerned about your own, or a loved one's drug use, Crew is here for you! We provide free, inclusive, non-judgemental counselling for those experiencing problems related to psychostimulant drugs.

To find out more, call 0131 220 3404

or visit: www.crew.scot

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