

Reduce the risks

> **DON'T TAKE IT. NO RISKS, GUARANTEED!**

But if you are still going to use Mephedrone, the following tips will help you reduce some of the risks.

> **START LOW AND SLOW**

Take a small amount and wait. Don't take more because you can't feel anything happening after half an hour or so. Yes, it could be some blag white powder, or even a completely different substance, but how do you know? Give it time to start. Taking too much too soon could put you on a bad one. Learn to recognise, and handle, the effects.

> **SET LIMITS**

Decide how much you are going to need and try and stick to it. Only carry what you are going to use. The less you take the lower the risks.

> **DON'T DRINK ALCOHOL**

Using stimulants will dehydrate you and can cause you to overheat. This is very dangerous. Mixing them with alcohol will dehydrate you even further, particularly if you are bouncing up and down all night. Drink water or soft drinks and the occasional isotonic sports drinks which

contains sugar and salt. Drink about a pint of fluid an hour, but don't overdo it. Take regular breaks to cool down.

> **DON'T SNORT IT**

Swallowing a capsule or tablet, or powder wrapped in a cigarette paper, will avoid damaging your nose.

> **LOOK AFTER YOUR NOSE**

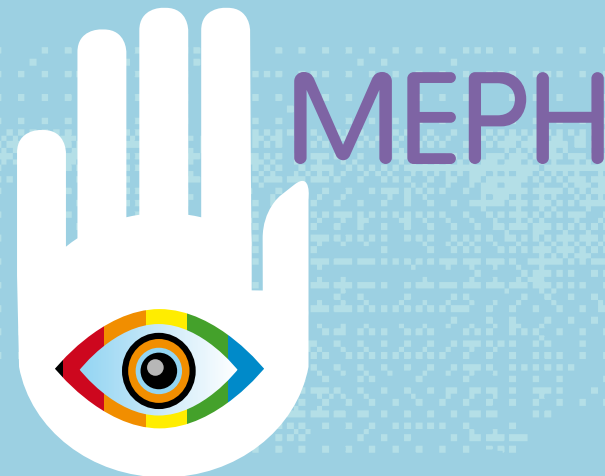
If you do snort, flush your nose with clean water, and make sure you use your own straw or note. Don't share them with anyone else, they could have all kinds of germs on them.

> **WATCH OUT FOR EACH OTHER**

Don't use Mephedrone on your own. It is always safer to have someone else around, and tell your mates what you have taken.

> **IF YOU START TO FEEL UNWELL**

If you start to feel unwell go to the chill-out area and take a break, maybe sip some water. Take someone with you who can keep an eye on you. If you start to feel worse, getting dizzy, very hot dry skin, or a racing heart, get medical attention immediately and tell them what you have taken. If you are with someone who has taken the knock and you have to leave them alone to go and get help, put them in the recovery position first.



WHAT IS MEPHEDRONE?

Mephedrone (4-Methylmethcathinone) is a chemical made from synthetic cathinones, which are chemically similar to amphetamines.

WHAT DOES IT LOOK LIKE?

Usually an off-white powder, but can change colour on exposure to air. Normally found in tablets or capsules. It can have a sharp chemical or fishy/bleachy smell.

HOW IS IT USED?

Some people snort it, but this is painful and damaging to the nose. It is safer to wrap it in a cigarette paper and swallow it (bombed).

THE LAW

Mephedrone, and other cathinone-based substances, are illegal to possess, supply or produce. It is a class B drug, which means possession could get you up to 5 years in jail and a fine. Supplying (even giving it away) gets up to 14 years in jail and a fine.

EFFECTS

Mephedrone can affect different people in different ways, depending on the amount, how it's taken, where you are, etc. Basically, it feels similar to speed, ecstasy or cocaine. Effects start within minutes if snorted but can take up to an hour to come on if you have swallowed it, and will last longer.

The effects can include:

- > Feelings of wellbeing, alertness, increased confidence and becoming more talkative.
- > Increased heart rate, palpitations, heavy sweating, blurred vision, hot flushes, irregular heartbeat, nausea, and muscle tension, especially in the face and jaw.
- > The main after-effects are tiredness, feeling dizzy and feeling low.

RISKS

The risks can include:

- > Taking an entirely different substance. How do you know what that white powder is? This makes the risks unpredictable.
- > Damage to the nose through snorting.
- > Anxiety, panic attacks and agitation.
- > Raised blood pressure, which can lead to heart problems and strokes.
- > Memory loss (forgetting what you have done while high).
- > Heatstroke. Stimulants can cause you to overheat especially if you are bouncing around in a nightclub.

LONG-TERM EFFECTS

There isn't enough information around at the moment to predict if Mephedrone is addictive or will cause long-term damage to your health.