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#meow meow

**What you need
to know about
Mephedrone.**



Stay Safe

- Do not mix with alcohol or other drugs
- Try not to inject, but if you do, visit your nearest needle exchange, use clean needles and never share your equipment.
- Swallowing is the safest way to take it, but it can damage the lining of the throat and stomach, so if you are going to swallow it then use a capsule or cigarette paper.
- If you snort it, flush your nose with clean water, and make sure you use your own straw or note. Don't share them with anyone else.
- It can cause the body to dehydrate and overheat, so make sure you drink water or soft drinks regularly.
- Don't forget to eat - it suppresses the appetite so eat before and after using
- Use in a safe environment with people you know and tell someone you are with what you are taking. Don't take it when you're alone.
- Take a small amount and wait. Don't take more because you can't feel anything happening. Give it time to take effect.
- Decide how much you are going to need and try and stick to it. Only carry what you are going to use.
- If you start to feel unwell go to the chill-out area and take a break, sip some water. Take someone with you who can keep an eye on you. If you start to feel worse, get medical attention immediately and tell them what you have taken.

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Brighton & Hove
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