



Can cause: anxiety, confusion, agitation, paranoia, hallucinations, sleepiness, nausea, vomiting, rapid heart rate, seizures, and/or suicidal thoughts.

Safety tips:

- **Stay hydrated.** Drink water.
- **Go slow.** Use a little bit first and see how you feel.
- **Avoid using alone.** If you experience negative effects, someone can help.
- **Use in a familiar place.** If you get confused or paranoid, this can help.

The best way to prevent negative health effects is to not use drugs.