

Do you use

**SNOW BLOW?**

# What is **SNOW BLOW?**

Snow blow is a type of drug called a cathinone.

It is similar to cocaine in that it is a short-acting stimulant drug.

A number of different cathinones have been sold in Ireland as snow blow. In powder form, cathinones are generally a fine white, off white or yellowish powder.

Cathinones can also come in crystal form.

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## **SNOW BLOW CAN BE**

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**SNORTED**



**TAKEN ORALLY**



**INJECTED**

# SNOW BLOW

and  
**HIV**

New HIV infections are increasing in Ireland among people injecting snow blow. These increases are associated with sharing needles and having unprotected sex.



People who inject snowblow are likely to inject more often, therefore increasing the risk of sharing injecting equipment. Using snowblow may also enhance your sex drive, increasing the risk of unprotected sex. Basically, injecting snow blow may result in behaviours that put you at a greater risk of getting HIV.

# Safer INJECTING

Sharing equipment can increase your risk of getting HIV and other blood-borne viruses. Snow blow users tend to inject more often.

It is always safest not to take illicit drugs,  
but if you are going to use:

- Always divide your snow blow before you begin injecting if using with a friend or group.
- Start low and go slow - always start with a small test dose to see how you react to the drug and inject slowly.
- Cook up with clean sterile water. Substances should be fully dissolved before injecting - citric may not be needed.
- If you miss a hit, don't reuse the same needle. Needles become blunt after being used once. If you don't hit a vein the first time, use a new needle until you inject successfully.
- Always rotate injecting sites.
- Avoid using snow blow with other drugs including alcohol and prescription medication.
- Avoid sharing your equipment.
- Use in trusted company, never use alone.

# Safer **SNORTING**

Snorting snow blow is generally less harmful than injecting. However, if you are going to snort snow blow:

- Grind snow blow before snorting as it may have crystals or clumps in it.
- Place the tooter high up your nostril to avoid damaging the bottom of your nose.
- Use your own tooter. Sharing tooters increases the risk of spreading blood-borne viruses like HIV.
- Bank notes are more likely to contain germs or traces of blood from other people. It is safer to use a clean straw cut in half or some rolled up cardboard.
- Alternate nostrils to give each side a break.

# ASK!

If you are using snow blow please think of these four things to ask for.

## ASK

Ask for enough needles, cookers, water and filters.

Ask for safer injecting information.

Ask for a free HIV test.

Ask for free condoms.

# PEP

If you are an injecting drug user and you have recently been in a situation where you may have come into contact with HIV, through unprotected sex or from a needle, there is a course of medication called PEP (post exposure prophylaxis) that you can take.

It may prevent you from being infected with HIV.

PEP aims to prevent HIV infection following potential exposure to HIV, for example, during sexual contact or injecting drugs.

It must be taken within 72 hours (3 days) after the possible exposure.

Go to your nearest hospital emergency department or HIV/STI clinic as soon as possible if you think you have been exposed to HIV.

A list of clinics that provide PEP is available at [hivireland.ie](http://hivireland.ie)

For information on Ana Liffey Drug Project services visit [aldp.ie/services](http://aldp.ie/services)

For information on national drug & alcohol services visit [drugs.ie/services](http://drugs.ie/services)

For more information visit [drugs.ie/snowblowhiv](https://drugs.ie/snowblowhiv)  
For information and support on drugs and alcohol visit [drugs.ie](https://drugs.ie)  
For information and support on HIV visit [hivireland.ie](https://hivireland.ie)  
HSE Drugs, Alcohol and HIV Helpline: 1800 459 459



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