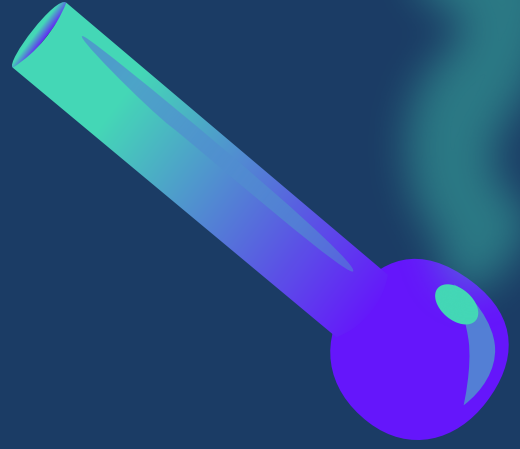


# TINA SAFETY GUIDE



## WHAT TINA DOES:

- Increases dopamine, a brain chemical, making you feel energized, peppy, and focused
- Constricts your blood vessels -- this can make your skin seem pale, your hands and feet cold, and make it difficult to maintain an erection
- Increases your touch and pleasure sensations
- Decreases the amount of spit you make, and stimulates bowel movements (pooping)

## EATING TINA IS SAFEST

It avoids damage to the lungs or the infection risks of injecting. If you have Tina crystals put them in a capsule or some paper before eating them.

## SMOKING IS SECOND SAFEST

Be sure to use a clean pipe without cracks. Water-pipes may reduce the heat damage to your lungs and mouth. Avoid flavoring water pipes with soda or beverages, use only plain water. If you have asthma, COPD, or other lung conditions, talk with your health care provider as smoking Tina can worsen these conditions and trigger flares.



**SLAMMING** or injecting Tina into your veins, puts you at risk for HIV and Hepatitis C. Be sure to get tested regularly, and talk to your health care provider about PrEP and PEP to prevent HIV. For more information on how to Slam or inject Tina safer and prevent infections, please view our Slamming safety guide.

**SLEEP** -Strange behavior, paranoia, and anxiety are all symptoms of staying awake too long, which can happen easily with Tina. Avoid staying up for more than 24-36 hours without rest, and try to sleep 6-8 hours in every 24 hour period.

**ORAL CARE** -Tina does not rot your teeth, however it does cause severe dry mouth which can. Oral problems can be avoided by using dry mouth rinses, lozenges, & gels and by good oral care including brushing your teeth 2-3x per day

**NUTRITION** -Tina prevents you from feeling hungry, meaning it is easy to miss meals. Drink plenty of water and do your best to get 3 meals per day when using Tina. Meal supplement drinks such as Ensure or Boost can be helpful when eating a full meal seems daunting.

