

WHAT YOU SHOULD KNOW ABOUT CRYSTAL METH*

Crystal Meth can affect your body (and mind) while you are high, AND while you are coming down!

Brandon says: Take care of yourself, your friends and your partners when you party and play. It's common sense and it will not end in drama. No one likes a drama queen at a party! FYI: If we will not take care of ourselves; the city, state and government would be happy to!

What Crystal Meth can do to you:

- It limits your hunger and decreases your perceived need for sleep; using it can lead to depression, nightmares and insomnia.
- Long-term use can lead to temporary psychosis.
- When you are on it, you can easily become dehydrated - drink plenty of water, or health drinks.
- When you are on it, or having withdrawals from it, you may have mood swings, agitation, irritability and confusion.
- It can cause lung and throat irritation (if smoked), high blood pressure and even stroke.
- It can cause constipation, diarrhea, sweating, headaches, teeth grinding, and jaw clenching.
- If you use a bumper to snort: it has been found that Hepatitis C can be transmitted through the bumper; so don't share! (In this case, sharing is NOT caring!)

Also: Crystal Meth should have a warning label attached (like those found on alcohol and tobacco products,) since it can be found in your garage or under your kitchen sink as household cleaning products. MOST cleaning products are deadly! Crystal Meth prevention ads should state this.

YOUR BOD IS A TEMPLE, so take care of it. *✂ ✂*

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Using too much crystal Meth can cause a heart attack or stroke. People who OD on it may look pale or limp, breath slowly or stop breathing altogether! They may vomit or complain of chest pain. You might think you don't need anything when you are partying, but YOU DO!

You STILL NEED:

- Sleep or rest breaks.
- Food (healthy foods like fruits and veggies are best).
- Beverages (water or health drinks with plenty of nutrients.)

(* Excerpts from the Little Black Book V 2.0 Queer in the 21st Century, Gay City Health Project, Seattle, WA. For a copy of the booklet, call Aids Action Hotline (Boston, MA.) toll free 1-800-235-2331 or online at www.aac.org)) Tell them Brandon of Brandon's POZ Parties sent you.

** SEE THE DRUGS LIST ON THIS PAGE FOR VITAL INFORMATION,*