

Spice Warning

December 2017.

Information about 'Spice' in Manchester

Spice in Manchester

- **Spice is a nickname for a herbal smoking mixture containing one or more of a group of drugs called synthetic cannabinoids.**
- There are hundreds of different synthetic cannabinoids, some are more potent, more toxic and more dangerous than others. 27 people died last year after smoking Spice, in every case when used in combination with other drugs or alcohol.
- There have been recent reports of particularly potent batches of Spice being used in Manchester City Centre. Samples are currently being tested.
- **There is no evidence that these Spice products contain heroin.** When there is a change in one of the synthetic cannabinoids used in Spice smoking mixtures the effects can appear more potent in the short term even to regular users.

Given the potential harm this illegal drug can cause our very clear advice is that no-one should take the drug. However, we have provided the harm reduction advice below to protect people who may put themselves at risk.

Harm reduction advice

- Sit down before you smoke Spice as you may lose your balance, fall over or pass out.
- Spice is potent even at very low doses.
- Don't smoke Spice neat, always mix with tobacco.
- Start any new batch with a tiny match head size test dose.

Help available in Manchester

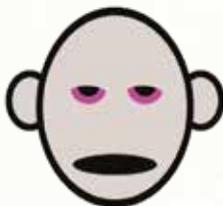
- There are various treatments for Spice users including medically assisted withdrawal.

For over 18s, **CGL**,
43A Carnarvon Street,
Telephone 0161 214 0770.

For young people (under 18)
Eclipse, 41 Thomas Street
Manchester M4 1NA
Telephone 0161 839 2054.



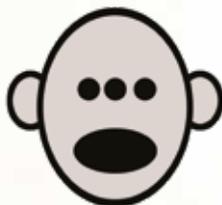
Dealing with a Spice overdose



Although effects can look disturbing in the vast majority of cases people smoking Spice will not require emergency treatment, however:

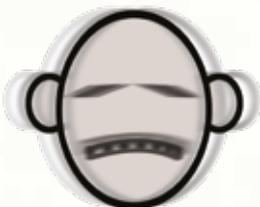
- **If in doubt**

Call an ambulance.



- **Bad trips:** If someone is hallucinating, paranoid or anxious, take them somewhere quiet where they feel safe.

Calm and reassure them.



- **Seizures (fits):** Ensure the area is safe and there is nothing they could hurt themselves on. Don't hold people down as this is dangerous:

Call an ambulance.



- **Overheating:** If they are flushed and skin feels very hot ($+ 38.5^{\circ}\text{C}$) Rest and cool. Use damp cloth on skin and drink water. If not settling after about 5 minutes: **Call an ambulance.**



- **If they have chest pains:** sit them down in a calm environment and reassure them. **Call an ambulance.**



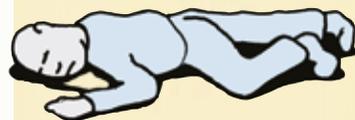
- **Other concerns:** e.g. severe vomiting, frothing at mouth, severe headache, significant agitation or aggression, not settling within 15 minutes.

Call an ambulance.



- **Breathing difficulties,** such as fast or shallow breathing, not settling within 5 minutes. **Call an ambulance.**

- **Unconsciousness:** It can be risky to startle or frighten people intoxicated on Spice as this can lead to heart failure. If they can't be woken by gentle shaking and calling; make sure they are lying on their side so they don't choke on vomit and **Call an ambulance.**



Look after people who have overdosed in the same way you would want them to look after you.