If you use K2, take care of your health.

If you or someone you know needs help, call **888-NYC-WELL** (888-692-9355) or text WELL to 65173.
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.

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