

# Learning About K2

## What is K2?

**K2 is a synthetic drug.** It is shredded dried materials that have a chemical sprayed onto them.

It is not cannabis (weed) but is often sold as an “alternative to THC”.

## Other Names for K2

**Spice**, Green Giant, Potpourri, Bizarro, Geeked Up, Smacked, AK-4, RedX Dawn, Paradise, Demon, Black Magic, Spike, Mr. Nice Guy, Ninja, Zohai, Dream, Genie, Sence, Smoke, Skunk, Serenity, Yucatan, Fire, Skooby Snax, and Crazy Clown.

## Effects and Risks of K2

**K2 can make you feel happy or relaxed, but also make you feel far away or detached from the world around you. It can also cause:**

- Anxiety
- Confusion
- Paranoia or hallucinations
- Violent behavior
- Sleepiness
- Fainting or blackouts
- Nausea
- Vomiting
- Rapid heart rate
- Kidney failure
- Seizures
- Suicidal thoughts

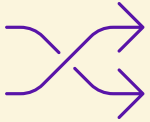
## Look out for ...

- K2 can be different from batch to batch or between different brands
- People have experienced stronger effects when mixing K2 with other substances (such as alcohol or PCP)
- Use and withdrawal can lead to symptoms such as blackouts, loss of appetite, stomach pain, vomiting, and more

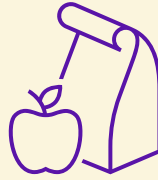


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## Ways to reduce risk when using K2



Avoid mixing K2 with other substances



Use around meal-times if possible

Try to eat before and during K2 use



Start low, go slow

Example: take one hit and wait to see how it affects you before using more



Speak to a primary care or mental health provider about medications to manage other needs



Stay hydrated!

Drink plenty of water before and during K2 use



If using K2 to treat pain, ask about speaking to a pain management provider



After smoking outside, come inside to a safe place with other people around



Speak to a healthcare provider about stomach pain, nausea or vomiting (especially when stopping use)



Avoid using alone or near people who trigger you

Use with someone you trust or call the Never Use Alone Hotline: (800) 484-3731



Develop a safety plan to reduce your risk

For support, reach out to [harmreduction@dss.nyc.gov](mailto:harmreduction@dss.nyc.gov)