



RACK&ROLL®



Snorting substances can damage the inside lining of your nose & can cause sinus infections. Always use clean snorting equipment (money is DIRTY!) and flush your sinuses with a saline solution within 24hrs of 'feeding it.' (You know- like brushing your teeth after you eat..)

Remember- sharing snorting equipment can put you at risk of Hep C and other blood borne viruses through microscopic amounts of blood, so RACK UP with this card then

ROLL UP the card to use as a 'straw' to snort.

www.hrvic.org/dancewize





BUMP AHEAD



ROLL THIS WAY

RACK THIS WAY

RACK & ROLL®



PLACE NOSE HERE

