

K2 KNOW THE FACTS



What Is K2?

- K2 is a synthetic, or man-made drug. It is created by spraying lab-made chemicals onto paper or dried plant material.
- K2 is not cannabis, but it is often sold as an “alternative to cannabis.” The effects are rarely like cannabis. Many people don’t get the effect they were expecting.
- K2 does not show up on a routine urine drug test. People who fear getting a positive drug test might see this as a reason to keep using K2.
- K2 is usually sold in small plastic bags with different chemical blends. These are often called “mixes.” They can look like crushed, dried leaves or as a liquid for inhalation.
- Chemicals vary from batch to batch. This means every packet can vary in strength and affect you differently. This is true even if packets look identical. (See K2 Is Also Known As section immediately below.)

K2 Is Also Known As:

- 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.
- These products come in bright, flashy bags with many different brand names. K2 and Spice are the most recognizable.

How Is It Used?

Most people smoke by rolling their own, or using pipes and water pipes. It can be vaporized through both disposable and reusable vape pens.



Effects

K2 can make you feel happy, thrilled, or relaxed, but it can also make you feel far away or detached from the world. Other negative feelings may include:

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| • Anxiety | • Sleepiness | • Rapid heart rate |
| • Confusion | • Fainting or blackouts | • Seizures |
| • Paranoia or hallucinations | • Nausea | • Suicidal thoughts |
| • Violent behavior | • Vomiting | |



What to Look Out For

- You cannot predict how K2 will affect you. Its strength can differ even within a packet. The strength can also differ from batch to batch – and between different brands.
- Withdrawal can lead to not sleeping, feeling down, being easily annoyed, feeling sick to your stomach, and other symptoms.
- Taking K2 with any stimulants can make the effects much stronger.
- K2 could contain synthetic, or man-made opioids like fentanyl. This can cause a fatal overdose.
- Dangerous opioids are often mixed with K2. If you suspect an overdose, use naloxone right away. It can save a life! Use naloxone even if it's reported that only a nonopioid like K2 or Spice was consumed.

Harm Reduction Strategies for K2

- Avoid mixing K2 with other substances.
- Start low and go slow. Take one hit and wait to see how it affects you before using more.
- Avoid using alone. Use with someone or call the [Never Use Alone Hotline](#) at **800-484-3731**.
- Carry naloxone and use it if you suspect an overdose.
- Stay hydrated! Drink lots of water before and while you use K2.
- To reduce your risk of health problems, use your own smoking supplies and do not share them with others.
- Use in a safe environment with people you trust.
- Ask for help if you experience withdrawal symptoms and/or negative side effects.

References

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