

K2 is plantlike material sprayed with
man-made chemicals. It can have
unpredictable effects and cause harm
or even death.



**If you use K2,
take care of your health.**

**For free, confidential counseling
and support 24/7, call or text **988**
or chat at **nyc.gov/988**.**





K2 is harmful to your health and can cause anxiety, confusion, agitation, paranoia, hallucinations, sleepiness, nausea, vomiting, rapid heart rate, seizures, and suicidal thoughts.

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.