



Cultural Competency and Sexualized Substance Use

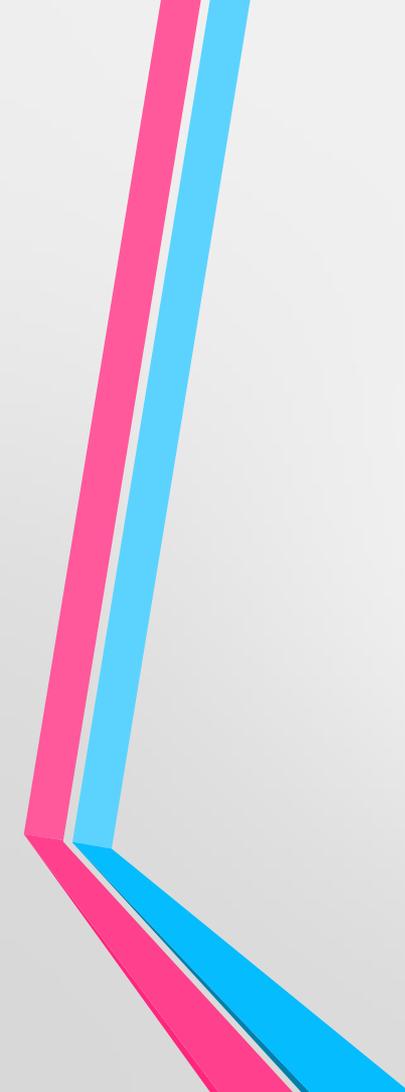


Welcome to Cultural Competency and Sexualized Substance Use

My name is Mat Adams, I am the Harm Reduction Programs Coordinator at MAX Ottawa.

Thanks so much for coming and I hope you find this presentation beneficial.

Please note, this presentation will feature frank discussions of sex and substance use and may be triggering.



Agenda

- **Land Acknowledgement**
- **About MAX Ottawa**
- **Objectives**
- **Cultural Competency**
- **Party n Play 101**
- **Scenario 1**
- **Scenario 2**
- **Final Takeaways**
- **Thank you!**

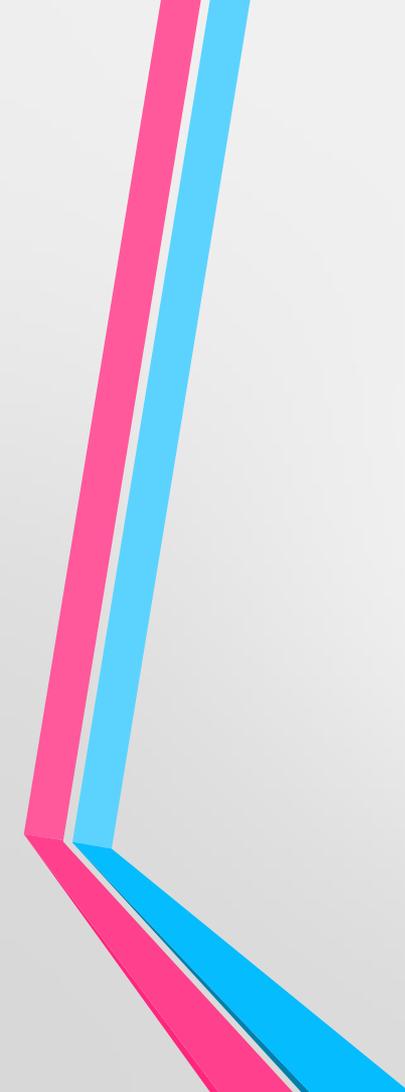


Land Acknowledgement

Land Acknowledgement

Let's take a moment before we begin to acknowledge the land on which MAX operates.

With gratitude and respect, we acknowledge that we are on the traditional territories of the Algonquin Anishinaabeg people. Today, this land is home to many diverse First Nations, Metis and Inuit people and we are grateful to have the opportunity to work in this territory.



About MAX Ottawa

About MAX Ottawa

Before we start a little bit about MAX Ottawa.
MAX Ottawa is the first guys into guys stand alone
organization in Ontario.

MAX focuses on MAXimizing the health and wellness of
gay, bisexual, Two-Spirit, queer and other guys into
guys, both cis and trans.

We welcome all individuals who identify with,
represented by, or feel at home at least some of the
time with the term "guys into guys".

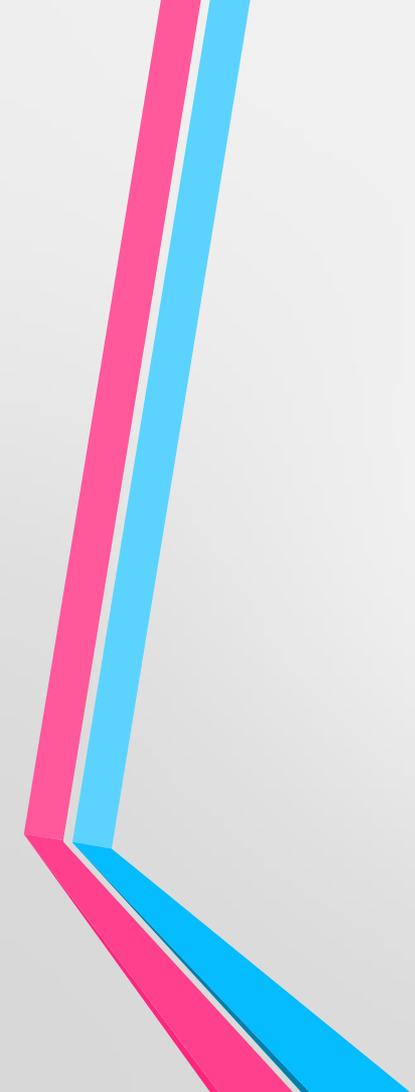


About MAX Ottawa

In 2017, the Ottawa Gay Men's Wellness Initiative was rebranded to MAX Ottawa, as it was short for MAXimize, which is part of our mission to maximize the health and well-being of our communities.

We offer mental health, sexual health, harm reduction and social health programming.

There are 1.3 million people in the area that MAX operates in, being the Champlain LIHN and Gatineau.



Objectives

Objectives

The objectives of this presentation are to:

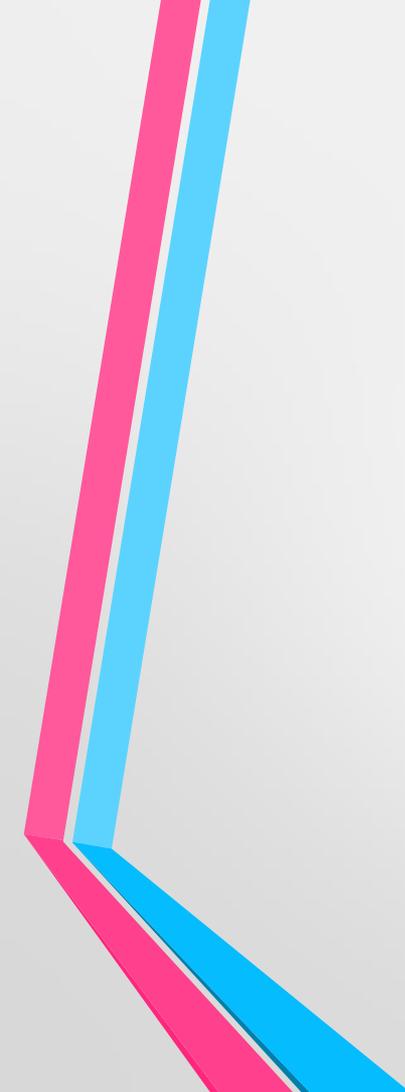
- Understand what cultural competency is
- Establish why cultural competency is important
- Know some ways to be culturally competent
- Gain general knowledge of Party n Play culture
- Apply everything learned to 2 scenarios

Objectives

If you have any questions, please feel free to write them down in the chat. I will take the time to answer questions at the end of the presentation.

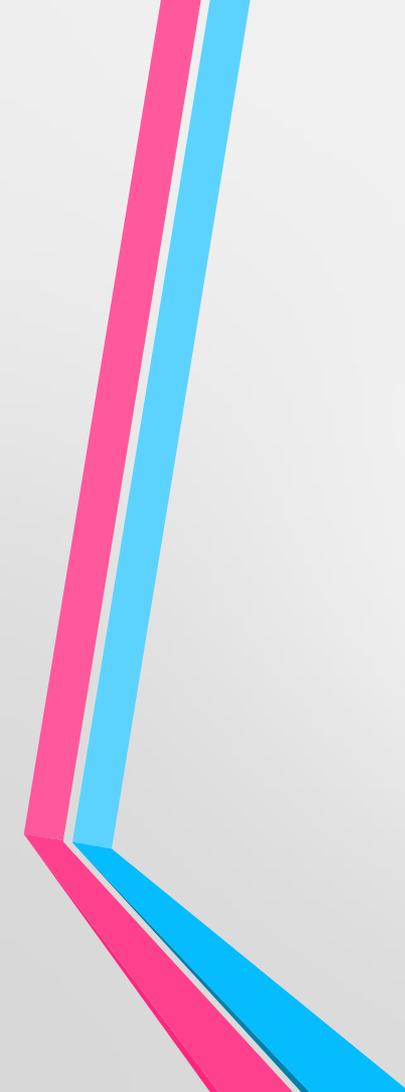


Cultural Competency



Cultural Competency

What is cultural
competency?



Cultural Competency

Cultural competency is the ability to understand, communicate with and effectively interact with people across cultures. Cultural competency encompasses. being aware of one's own world view and developing positive attitudes towards cultural differences.

Cultural Competency

Cultural competency as a concept exists in many different areas of life, including healthcare. It's also relevant in other sectors like fashion, advertising and media.



Cultural Competency

Cultural competency is also made up of all the little things that members of the same cultural community understand almost innately.

These types of things are often only learned by living in the community and learning from community members.



Cultural Competency

Let's look at 3 examples to show why cultural competency is so important.



Cultural Competency

It can be difficult working between languages...



Coca Cola decided to start selling in China and wanted to name the beverage something that sounded like Coca Cola.

The Problem...

The characters that made those sounds meant "Bite the Wax Tadpole"

They eventually changed the characters to mean "Happiness in the mouth".



Cultural Competency

Sometimes it's not lost in translation.

Swedish company Electrolux wanted to introduce their vacuums to the US and thought they had the best slogan ever. It was translated and grammatically correct, but they didn't understand American culture very well.

Their slogan:
"Nothing sucks like an
Electrolux".



Cultural Competency

It's not only words, but sometimes pictures can be culturally incompetent.



When Gerber decided to market its baby food in Africa, they decided to use their usual packaging, with the cute baby on the label.

Unfortunately, no one was aware that in some African countries folks understand that the images on the label tell customers what's inside the container.



Cultural Competency

It can be pretty embarrassing to make mistakes like these.

We can also decide to put the effort into learning about the cultures of people we want to work with and become culturally competent.



Cultural Competency

When it comes to healthcare, being culturally competent can be the difference between your patients trusting you and getting treatment or saying nothing and suffering in silence.



Cultural Competency

“Well I feel like I’m culturally aware. Isn’t that enough?”

“I am already sensitive to other people’s cultures so I’m good to go right?”



Cultural Competency

You may have heard of the terms ***cultural awareness***, ***cultural sensitivity*** and ***cultural competency***, but what's the difference?



Cultural Competency

Cultural Awareness

Is the ability to reflect on and identify your own cultural views, values and attitudes. This gives you the frame of reference to help you relate to others.



Cultural Competency

Cultural Sensitivity

Is the awareness of the similarities and differences between your views, values and attitudes and those of others. This is important when building relationships, and helps you recognize how your service might be received by others.





Cultural Competency

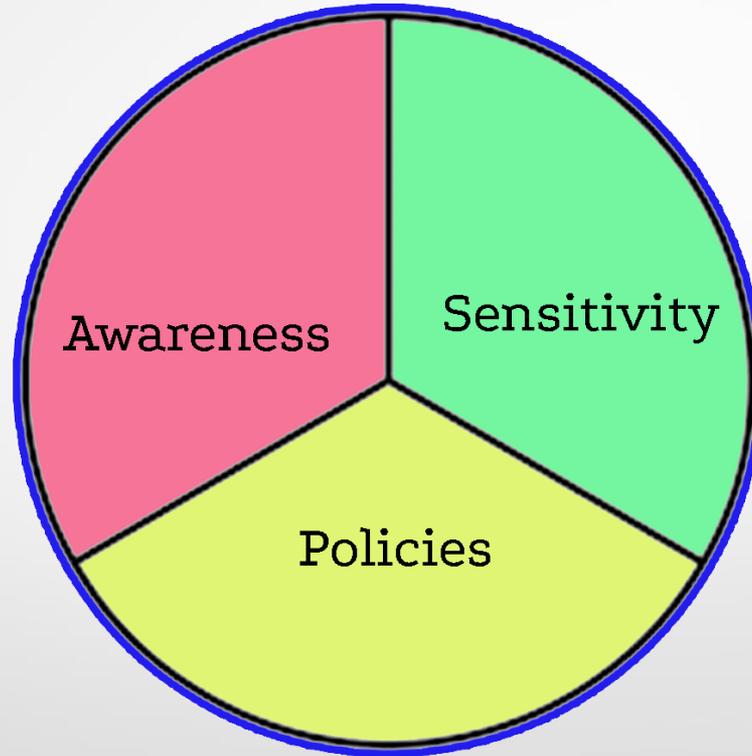
Cultural Competency

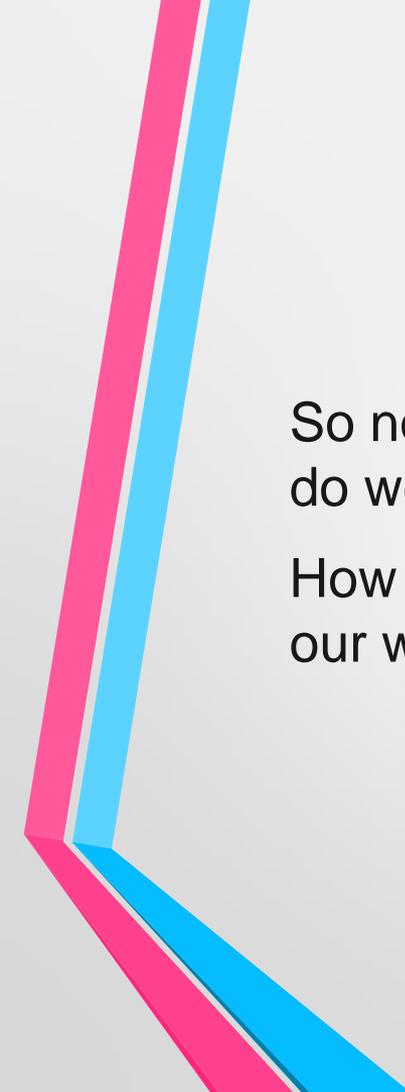
Is the ability to understand, communicate with and effectively interact with people across cultures.

Cultural competency encompasses:

- being aware of one's own world view
- developing positive attitudes towards cultural differences
- **gaining knowledge of different cultural practices and world views**
- **and applying them to policies and procedures**

Cultural Competency

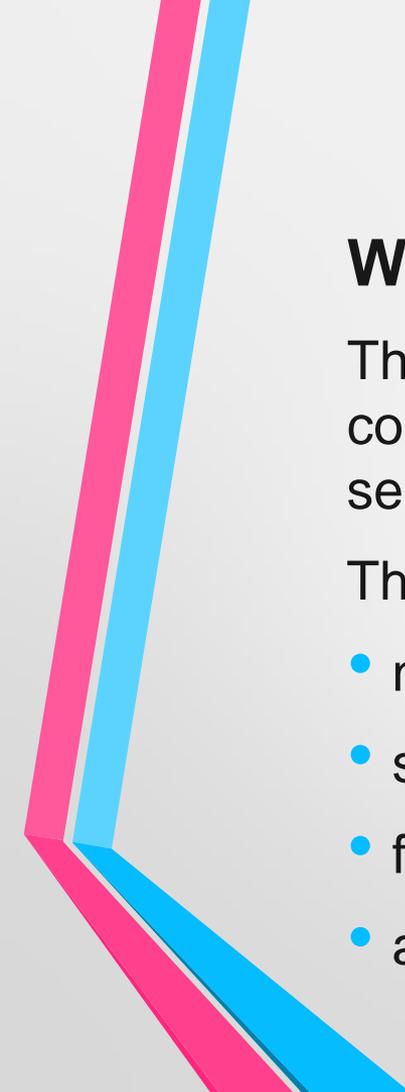




Cultural Competency

So now we know what cultural competency is, but how do we become more culturally competent?

How do we implement policies or procedures to make our work culturally competent?



Cultural Competency

Working with the Community

There's no better way to learn about how to serve the community than to ask them what they need or how to serve them.

This can mean things like a:

- needs assessment
- survey
- focus groups
- advisory committee.

Cultural Competency

As an example of building our own cultural competency, MAX has done some work at building trust with the Party n Play community in Ottawa, in a variety of ways:

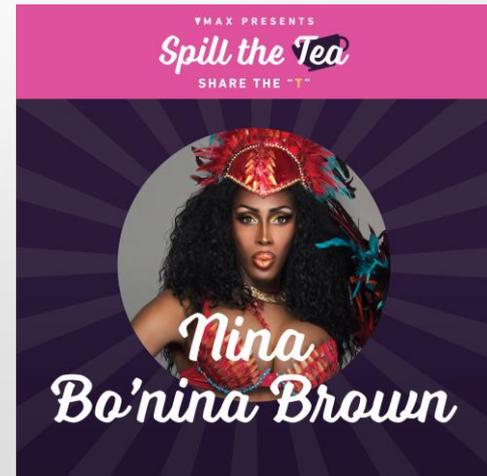
- Spill the Tea
- Safer Partying Advisory Committee
- Harm Reduction Dispensing Program

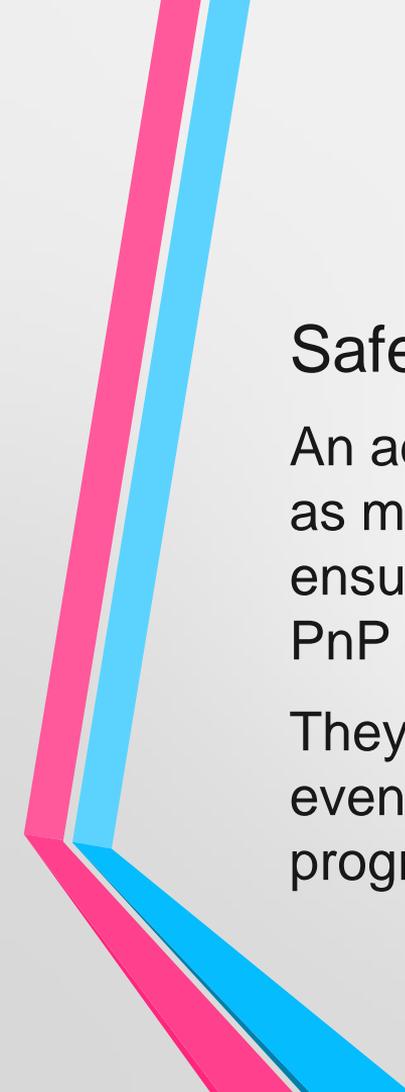
Party and Play(PnP) is a commonly used term for sexualized substance use amongst queer men. Also sometimes referred to as chemsex.

Cultural Competency

Spill the Tea was a series of bar nights featuring drag performers from Ottawa, Montreal, Toronto and RuPaul's Drag Race.

The night included harm reduction and entertainment and tried to start a conversation around PnP in Ottawa.





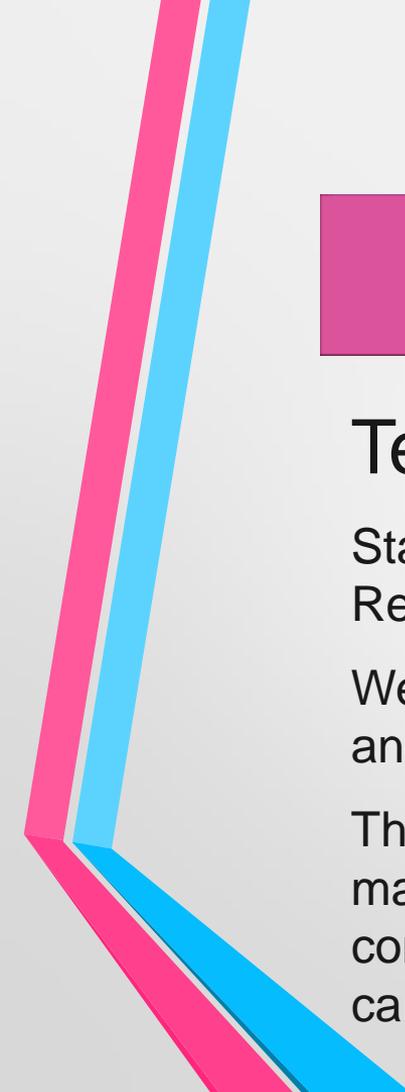
Cultural Competency

Safer Partying Advisory Committee

An advisory committee comprised of guys who identify as members of the PnP community. They helped us ensure we were being competent to the needs of the PnP community and avoid stigmatizing drug use.

They helped create the branding for our Spill the Tea events and continue to help us work towards more programming for guys who PnP.

Cultural Competency

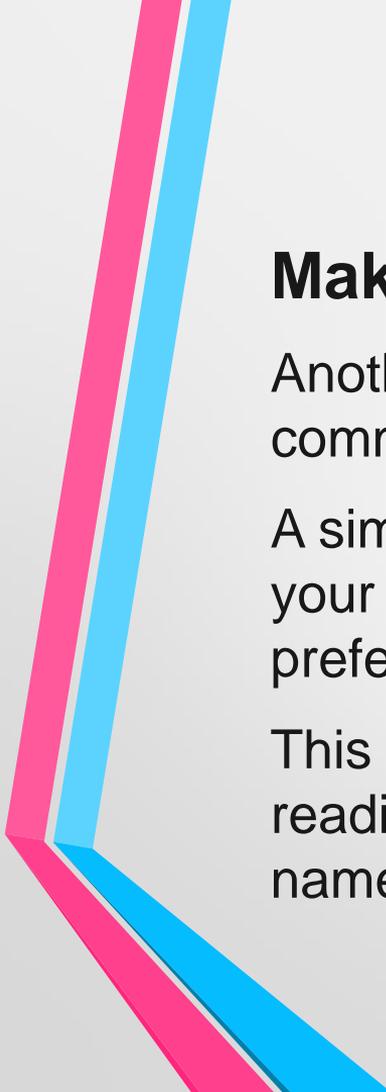


Tea 2 Go Program

Starting August 1, 2020, MAX officially launched its own Harm Reduction Dispensing Program, called Tea 2 Go.

We dispense safer sex, safer partying (safer substance use) and safer hormone injection supplies.

This was in order to make sure we were providing access to materials for guys into guys, both cis and trans, in a culturally competent way, providing discretion where needed and carrying materials they want.



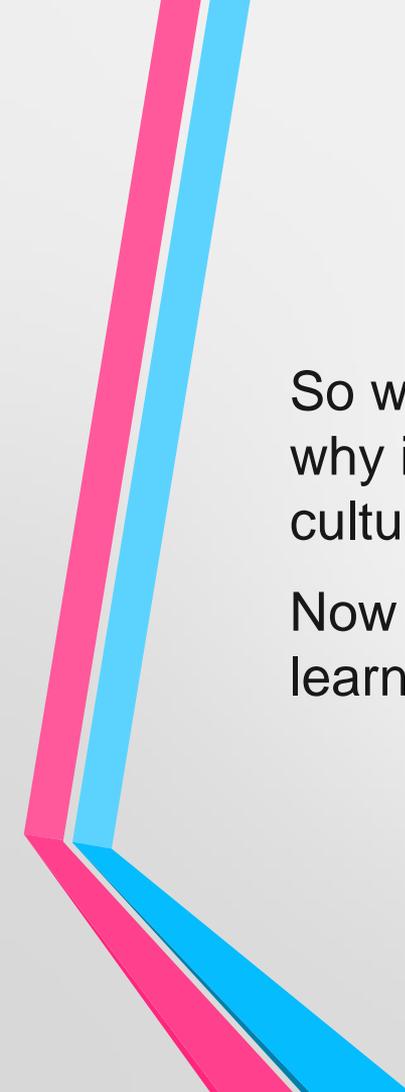
Cultural Competency

Making Space for Self-Identification

Another example would be to offer patients, clients and community members the chance to self identify.

A simple way to include trans and gender diverse folks in your practice could be to include a space to put their preferred name and pronouns on intake forms.

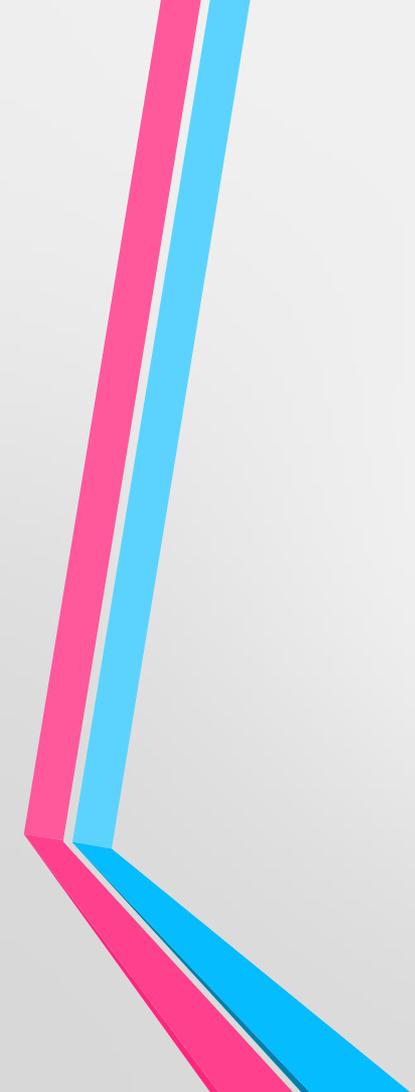
This also comes with the need to ensure that everyone reading it gets into the habit of checking and using the names and pronouns provided.



Cultural Competency

So we have established what cultural competency is, why it is important and some ways to become more culturally competent.

Now let's learn about a culture and apply what we have learned so far.



Party n Play 101

Party n Play 101

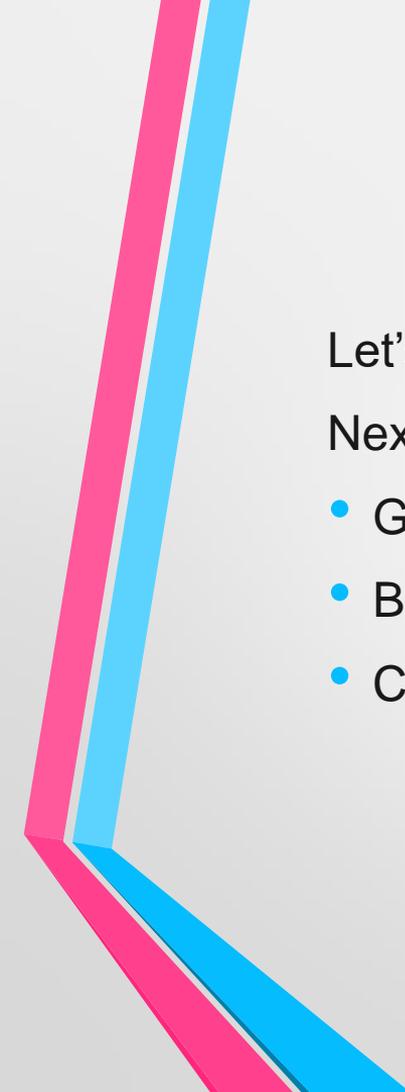
Some terms you might want to know for this presentation:

gbMsM or **guys into guys**: gay, bisexual, men who have sex with men

Queer: a slur that has been reclaimed and is often used as an umbrella term to encompass the 2SLGBTQIA+. Some folks may also identify as Queer.

Hook up apps: Apps used for the purpose of connecting for dating, sex and friendship. These include Grindr, Growlr, Scruff and many others.





Party n Play 101

Let's dive into learning about Party n Play.

Next we are going to explore:

- General Information
- Benefits of Party n Play
- Concerns of Party n Play

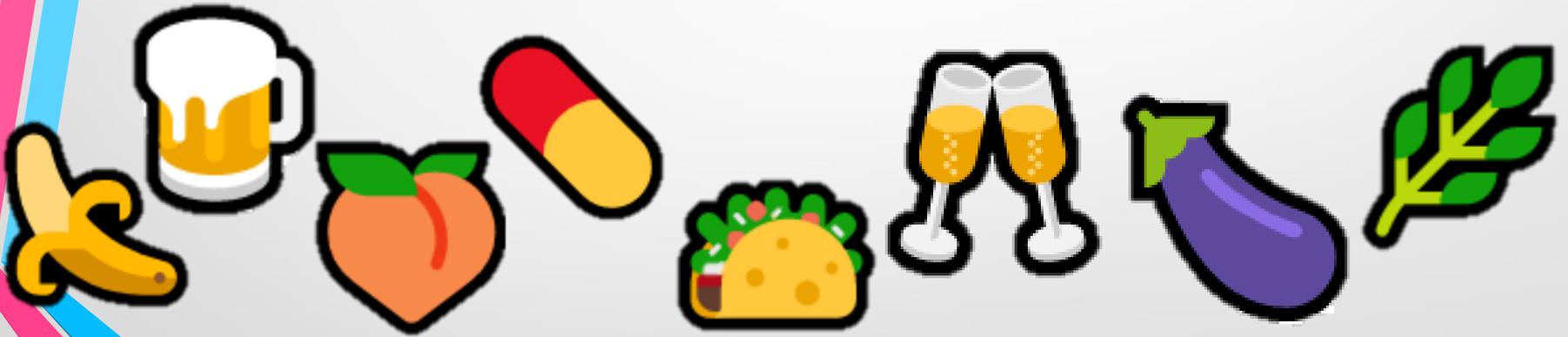
Party n Play 101

General Information



Party n Play 101

Sexualized substance use is the combination of any intoxicant with sexual activity.



Party n Play 101

Chemsex/PnP/Party and Play is not the same as recreational substance use or sexualized substance use. Rather, it is a sub-category of sexualized substance use, specific to the cultural context and community of guys into guys or gbMsM. [1]

The most common substances associated with chemsex are:

- Crystal Meth
- GHB/GBL
- Cocaine
- MDMA

[1] Influence of Social Media on Sexualized Drug Use and Chemsex Among Chinese Men Who Have Sex With Men: Observational Prospective Cohort Study

Party n Play 101

Before diving into PnP culture, we acknowledge that within the PnP community, there are different experiences, needs and cultural competencies for BIPOC guys, trans and non-binary folks, guys experiencing homelessness, guys living with HIV, neurodiverse, people with disabilities and newcomers.

These are in addition to the stigma faced by guys who consume substances while participating in “gay” sex.

This is not a cis, white, gay male issue and we need to take that into account and listen to community when engaging with them around PnP.

Party n Play 101

Benefits of PnP



Party n Play 101

Based on research, substance use is prevalent in the 2SLGBTQIA+ community.

But why?

“According to the Substance Abuse and Mental Health Services Administration (SAMHSA), the rate of substance abuse disorders among LGBT individuals isn’t well known, but studies indicate it may be 20% to 30%, which is significantly higher than the general population (9%).”



Party n Play 101

Increased substance use in Queer communities can be a result of [4] [5]:

- Availability – Curiosity - Fun
- Internalized homophobia – Social Homophobia
- Culture of tolerated consumption
- Coping with stigma, isolation and/or loneliness
- Feeling invincible and confident
- Self-medicating

[4] *Wired Sex* presentation by Matthew Numer, Dave Holmes, San Patten, Marc-Andre'Leblanc, Jad Sinno

[5] *Improving Care and Services for Gay, Bisexual and other Men who have Sex with Men (gbMSM) Who Use Methamphetamine*

Party n Play 101

Roughly 61% of gbMsM report using a substance before sex, and 21% report using a substance linked to PnP culture.

But why?

Party n Play 101

Perceived sexual advantages [3] [4]:

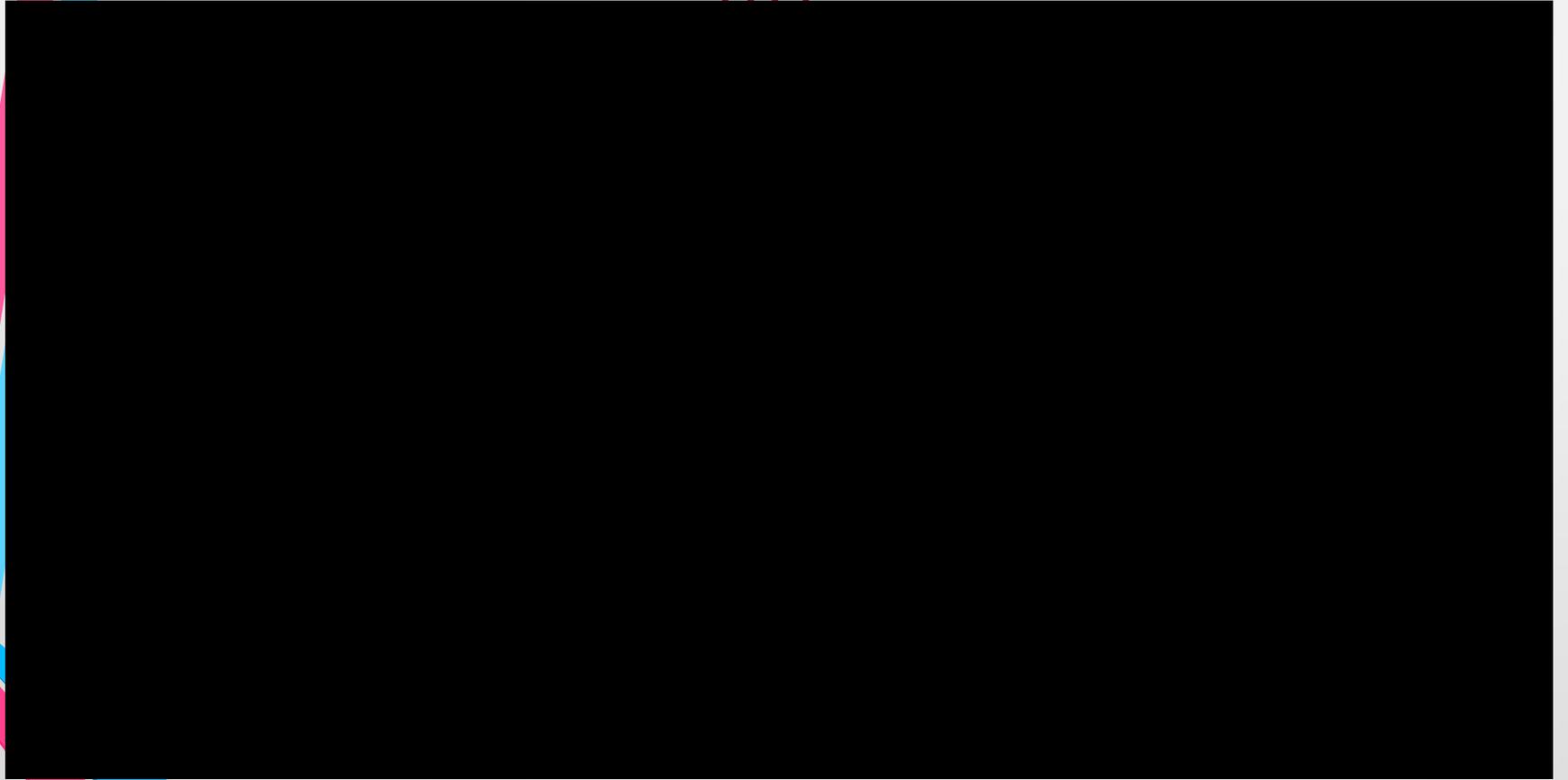
- Increased sexual pleasure
- Increase in energy
- Reduces feelings of loneliness
- Reduces negative perception of body image
- Weight loss= Increases desirability
- Escaping the guilt and shame associated with gay sex and/or sero-discordant sex
- Reduces social anxiety
- Reduces sexual inhibition
- Helps facilitate intimacy
- Increases the length of sexual intercourse and the amount of partners
- Can have sex with guys who are “out of my league”
- Helps facilitate fetish exploration

[3] *Party and play in Canada: What is its impact on gay men's health?* By Zak Knowles

[4] *Wired Sex* presentation by Matthew Numer, Dave Holmes, San Patten, Marc-Andre'Leblanc, Jad Sinno

Party n Play

101



Party n Play 101

PnP connects a person's substance use with their sexuality. This association of *feelings, behaviours* and *experiences* between their sexual activity and substance use can present challenges when seeking healthcare. Especially since these can be desirable and fun.

Traditional treatments may not take into account that PnP can be a combination of sexual health, substance use and mental health, and often only treat one aspect. [5]

Party n Play 101

Feelings tied to PnP:

- Increased sense of connection in a community that often tells you you are not enough.
- Feeling confident, attractive
- Lowered anxiety around sex
- Increased confidence identifying as a bottom
- Increased confidence seeking desired partners
- Can assist in coping with an HIV diagnosis

Party n Play 101

Behaviours tied to PnP [3] [4]:

- Increased pleasure from bottoming
- Trying new sexual activities like fisting
- Multiple partners and group sex
- Fetish Exploration

[3] *Party and play in Canada: What is its impact on gay men's health?* By Zak Knowles

[4] *Wired Sex* presentation by Matthew Numer, Dave Holmes, San Patten, Marc-Andre'Leblanc, Jad Sinno

Party n Play 101

Experiences tied to PnP [4]:

- 2-3 day sex sessions
- Intense sex
- Pig, Kinky, Raunchy sex
- Fantasy Sex

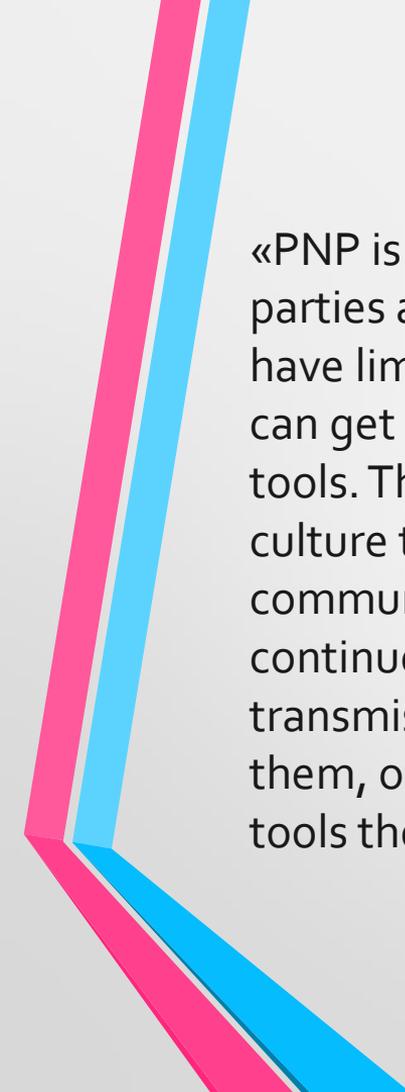
Party n Play 101

Concerns of PnP



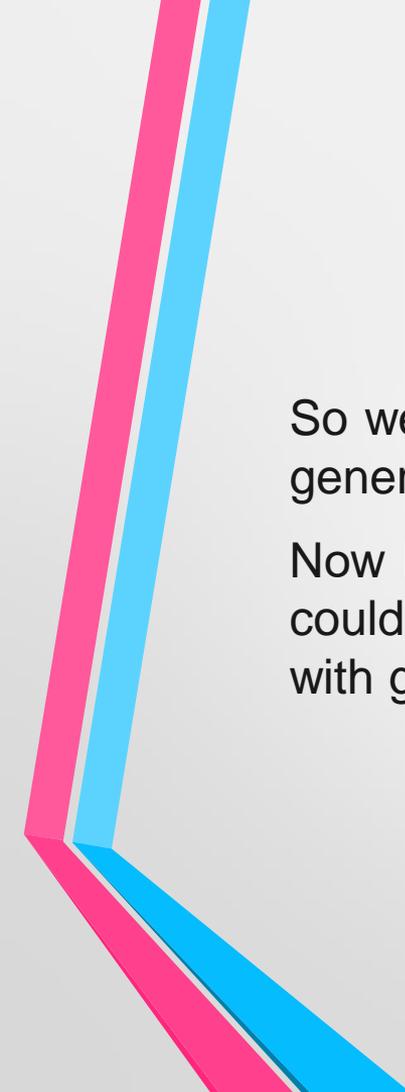
Party n Play 101

1. Safe Supply
2. Overdose
3. Addiction
4. Psychosis
5. Social stigma related to drug consumption
6. Inability after fetishized/sexualized consumption to detach sex and substance use
7. Adherence to prevention or intervention medication (Anti retroviral medication, PrEP, PEP, or other)
8. Lack of available harm reduction resources available at no or low cost.
9. Multiple drug interactions (Benzos)
10. Increased risk of STBBI transmission



«PNP is on the rise here in Ottawa and Gatineau. More and more small parties are appearing on applications during weekends. The new guys have limited knowledge of the PNP culture, they don't know where they can get appropriate information or, where they can get harm reduction tools. Those who are regulars understand that it is an underground culture that no one talks about. It's time that we educate the community about PNP and tell the truth about drug use and sex. If we continue to remain silent, we will continue to see an increase in the transmission of STIs and HIV. These parties are happening, we can't stop them, our best approach is to understand them and give people the tools they need to reduce POTENTIAL harm. »

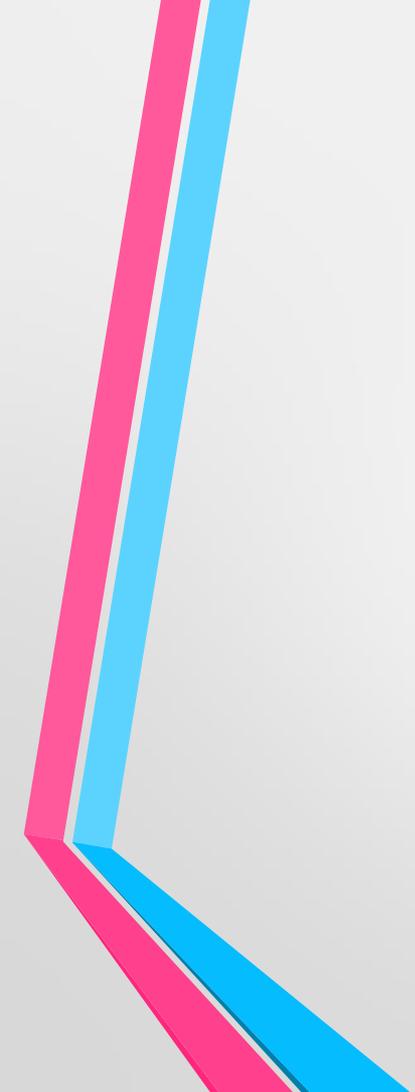
Member of the Safer Partyng Advisory Committee



Party n Play 101

So we have learned about cultural competency and we have a general understanding of PnP culture.

Now let's look at a few examples of how healthcare providers could benefit from being more culturally competent working with guys who PnP.



Scenario 1

Scenario 1

Background Information

For guys into guys, being connected and feeling connected to other guys into guys can be an important part of their social health.

This is an aspect of gay culture that can also effect guys who PnP when seeking healthcare.

Scenario 1

Let's learn a new term!

Sex-Based Sociality [13]

- The idea that sexuality and sexual activity are used to construct a social group.

Scenario 1

This particularly impacts the gbMsM community as:

- Connections between guys into guys often stem from sexual encounters
- The reality that guys into guys can feel isolated without sexual expression
- Must recognize that there is positives from having sex build a community:
 - Increased feeling of connection
 - Activities to do together
 - Access to larger peer networks through sex partners
 - Knowledge sharing

Scenario 1

So now that we know a bit more about the importance of sex as a means of connecting for gbMsM, including guys who PnP, let's look at a scenario to see how it comes into play for a healthcare provider.

Scenario 1

Scenario

A gbMSM who PnPs comes into a treatment program to stop using crystal meth.

Scenario 1

Healthcare Response

Their healthcare provider encourages *abstinence from substances and sex*, in order to focus on other “healthy” behaviours, like *making friends, doing activities* or exploring hobbies.

Scenario 1

Knowing what we have learned about how sex can be an important part of making connections, keeping guys from feeling isolated and giving guys an activity to do together, do you think it's culturally competent to suggest gbMsM clients abstain from sex?

Scenario 1

No, the healthcare provider's treatment plan isn't culturally competent, as it doesn't take into account the role having sex and sexual expression plays into the life of a gbMsM.

The healthcare provider is also not recognizing that gbMsM make a lot of social connections through sex, and that sex is an activity for guys in the community.

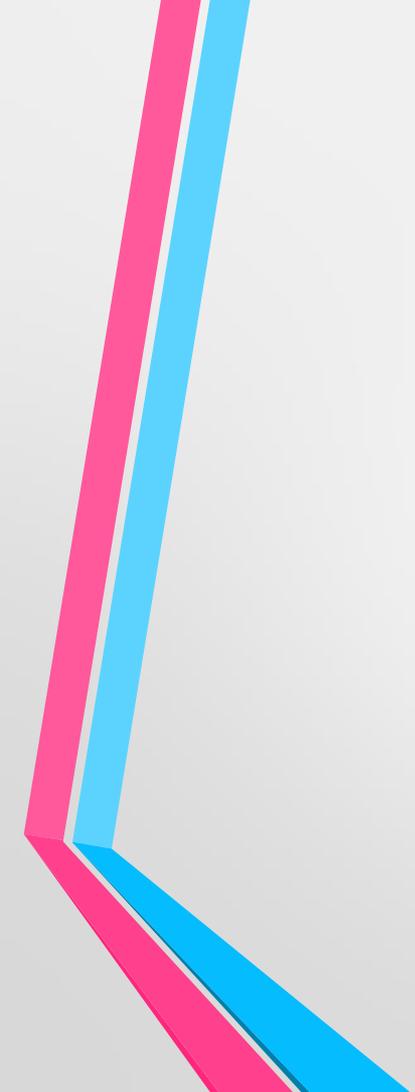
Scenario 1

The suggestion to abstain from sex might also be based on the healthcare provider's personal bias. They may be culturally sensitive to their client, understanding that they are from different cultures, but may not be aware of their own views, values and beliefs.

Scenario 1

Culturally Competent Healthcare Response

Their healthcare provider builds into their treatment plan a focus on other behaviours, like *making either platonic or sexual friends*, doing *activities, including sex* without substances, or exploring hobbies.



Scenario 2

Scenario 2

Background Information

We've established that having sexual connections and expression can be important for guys into guys.

Next we are going talk about how cultural competency interacts with technology and sexuality.

Scenario 2

Background Information

Part of PnP culture includes codes/terms used to discuss and connect. Primarily, these conversations seem to be occurring online.

Hook up apps and dating sites often block anything that has to do with substance use, so online “codes” have been created for guys to identify each other and connect.

Next is a quick guide to some of the common codes and terms around PnP (with emojis) [3]:

Scenario 2

- CHEMsex/PNP: ParTy, PnP, “do you party?”     
- Crystal Meth: Meth, Crystal, T, Tina,   
- GHB/GBL: G, roofies, liquid x, Goop,
- Cocaine: coke, snow, powder, blow, crack,     



Scenario 2

Some more background information

Porn is also starting to feature PnP

- Within the last year over 1200 free videos featuring PnP has been added to Pornhub [11].
- Xtube (male into male) features [12]:
 - +500 free videos featuring the tag “slam” (49% added in the past 2 years)
 - +400 free videos featuring the tag “chem” (56% added in the past 2 years)
 - +350 free videos featuring the tag “spun” in reference to being high (82% added in the past 2 years)

[11] www.pornhub.com/gayporn

[12] www.xtube.com

Scenario 2

Scenario

A gbMsM who PnPs comes into a treatment program to stop using crystal meth.

Scenario 2

Healthcare Response

The healthcare provider builds a treatment plan for the gbMsM client which includes reconnecting with their sexuality. This also includes exploratory masturbation and learning to enjoy sex without using substances. They can use porn and hook up apps as tools to help on their sexual journey.

Scenario 2

Knowing what we have learned about the role hook up apps play for gbMsM for connecting, both for sexual connections and PnP, and that there are lots of free porn videos feature PnP, do you think it's culturally competent to suggest the gbMsM client make sexual connections over apps and watch porn?

Scenario 2

Yes and no.

Yes, the healthcare provider is taking a sex-positive approach to the gbMsM client's treatment. They understand that sex is important for connections and enjoying sex without substances is going to improve their client's ability to reach their goal of stopping their meth use.

Scenario 2

On the other hand, no.

The health care provider didn't take into account that hook up apps and porn are likely to be full of triggering content or situations. Without putting together a plan to manage these triggers, it could decrease the client's ability of being able to achieve their goals.

Scenario 2

Culturally Competent Healthcare Response

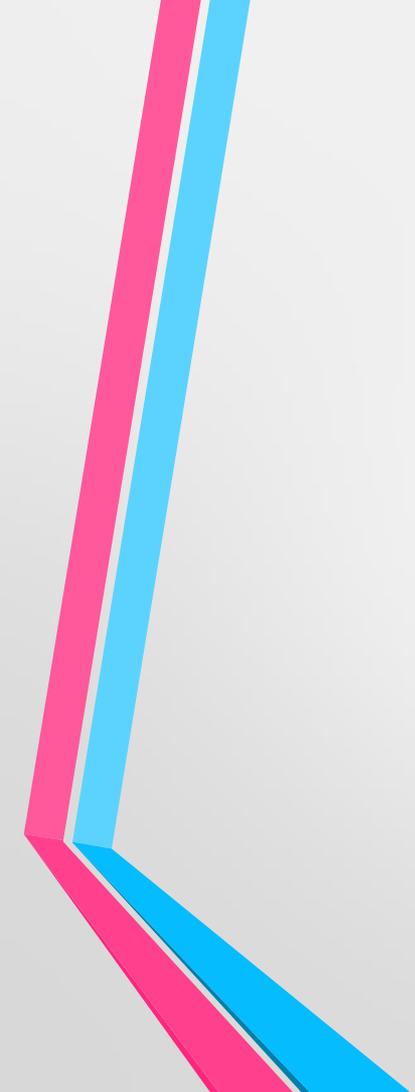
The healthcare provider builds a treatment plan for the gbMsM client which includes reconnecting with their sexuality. This also includes exploratory masturbation and learning to enjoy sex without using substances.

They can use porn and hook up apps as tools to help on their sexual journey, and they have a plan to respond to triggers if someone asks them to PnP or if they stumble across a video of PnP.

Scenario 2

“Outside of the box” Competency

If designing a treatment program for folks who PnP, and with budget permitting, consider having money set aside to pay for porn subscriptions for clients, as professional porn sites don't feature PnP.



Final Takeaways

Final Takeaways

The key takeaways:

- Cultural Awareness: Your own world views, values and beliefs
- Cultural Sensitivity: Recognizing the views, values and beliefs of others
- Cultural Competency: The ability to effectively communicate, interact with and work with people from other cultures. It also includes creating policies and procedures that take into account and incorporate the views, values and beliefs of your clients, patients and community members.

Final Takeaways

If you want to become more culturally competent:

- Ask your community what their needs are, either by a needs assessment, focus group, survey or advisory committee.
- Participate in cultural competency trainings.
- Doing research

Final Takeaways

If you are working with guys who PnP:

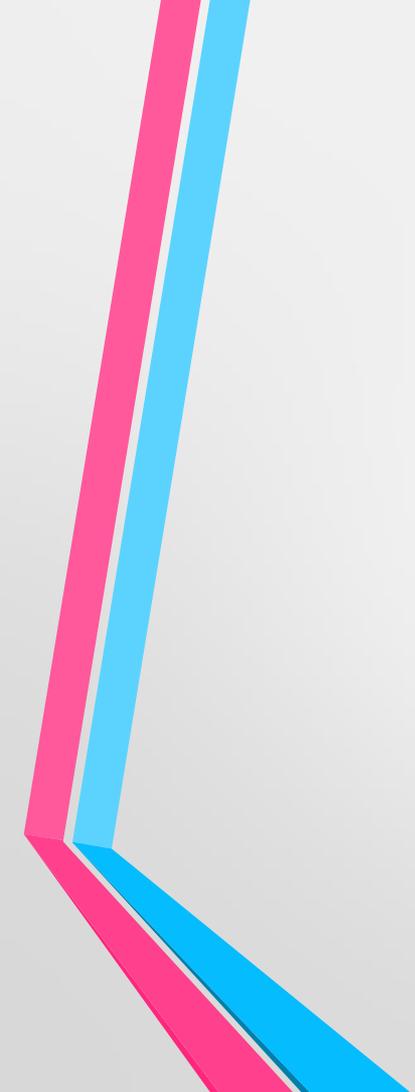
- It is important to recognize that substance use and sexuality is linked and needs to be treated together, and also recognize that sex and sexuality can play an integral role in the social health of gbMsM.
- The method that gbMsM connect is primarily online and services for this community need to understand that technology has a place in their care.

Final Takeaways

This presentation isn't everything that relates to the guys who PnP and served as an introduction to the community and to provide scenarios to explore cultural competency.

If you are looking to learn more about the needs of guys into guys who PnP and the considerations for care they may need, please contact:

Mat Adams: m.adams@maxottawa.ca



Thank You

Thank You

This will be our chance to answer questions and discuss any points you may have.

Please feel free to type out questions, raise your hand or come off mute and ask your question.

Thank You

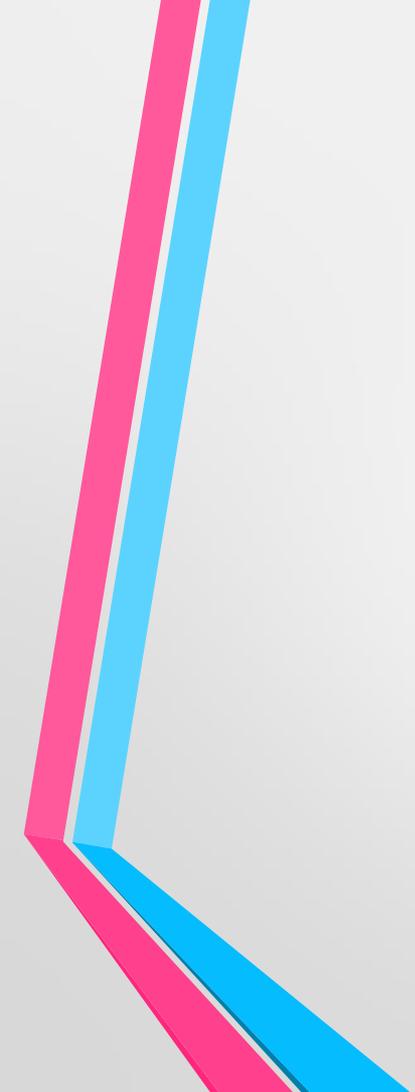
Thank you for your time!

Please take the time to fill out our 5 minute survey. It really helps us improve our future presentations.

For more information:

Email: m.adams@maxottawa.ca

Call: 613.701.6555 ext 103



References



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References

[1] *Influence of Social Media on Sexualized Drug Use and Chemsex Among Chinese Men Who Have Sex With Men: Observational Prospective Cohort Study* - By Zixin Wang, PhD, corresponding author, Xue Yang, PhD, Phoenix K H Mo, PhD, Yuan Fang, PhD, Tsun Kwan Mary Ip, MSc, and Joseph T F Lau, PhD

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7414399/#:~:text=Sexualized%20drug%20use%20\(SDU\)%20refers,during%20sexual%20intercourse%20%5B2%5D](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7414399/#:~:text=Sexualized%20drug%20use%20(SDU)%20refers,during%20sexual%20intercourse%20%5B2%5D).

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[3] *Party and play in Canada: What is its impact on gay men's health?* - By Zak Knowles

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[5] *Improving Care and Services for Gay, Bisexual and other Men who have Sex with Men (gbMSM) Who Use Methamphetamine* - A Background Paper, September 2019

[6] *Gay Men, Substance Use, and Harm Reduction: It's Time to Act* - By Dane Griffiths

<https://www.thebodypro.com/article/gay-men-substance-use-harm-reduction->

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<http://himynameistina.com/services-community-resources/addictions-services/>

[9] 56 Dean St, Sexual Health Clinic in London, England

<https://dean.st/chems/>

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<https://ourhealthyeg.ca/chemsex>

[11] PornHub

www.pornhub.com/gayporn

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<https://www.c4tbh.org/program-review/project-tech-support/>

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https://www.mylearningpointe.com/SCORMCourses/20173_46640_Exploring_Cultural_Awareness_M/story_content/external_files/Script_Exploring%20Cultural%20Awareness%20Sensitivity%20and%20Competence.pdf

Resources

- <http://dean.st/chemsex-tool/>
- <http://www.cipto.qc.ca/contactez-nous/>
- <https://www.google.ca/maps/@45.451818,-75.7304385,12.26z/data=!4m2!6m1!1s1UY6ygS7A0rXwZPE5N7NqMsnL1VI?hl=fr>
- <http://maxottawa.ca/fr>
- <http://dean.st/chemsex-support/>
- <https://www.ohntn.on.ca/sexualized-drug-use-chemsex-and-methamphetamine-and-men-who-have-sex-with-men/>
- <https://www.youtube.com/watch?v=HGEdtFgN3w&t=14s>
- Harm Reduction Approaches
- Addiction services that need to adapt their services
- Creation of safe spaces for queer people to talk about sexualized drug use
- Activities that aim to break social stigma related to substance use
- Community Support Groups
- After the party (EN)
- Spill the Tea (EN)
- Know the signs of an overdose and carry a naloxone kit with you
- Boundaries : important to define how and when you want to use and stick to those boundaries that you set for yourself
- Find people that can support you, and with whom you feel comfortable talking about consumption
- Eat, drink water and remember to take your medications
- Sleep
- Brush your teeth, run some water through your nose, and floss 😊





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