

What to expect


crack

The high

- A high that lasts 5–30 minutes
- Feeling an intense, euphoric rush
- Warm skin, dry mouth
- Feeling thirsty, not hungry
- Rapid heartbeat and breathing
- Auditory hallucinations

Coming down

- Feeling restless, sweaty and twitchy
- Sensitivity to noise and light
- Feelings of paranoia
- Strong cravings for more crack

 Note: combining substances can be dangerous – proceed with caution

crystal

The high

- A high that lasts 4–24+ hours
- Feeling alert and energetic
- Not feeling hungry or tired
- Dry mouth
- Faster breathing and heart rate
- Feeling restless, anxious or paranoid and unable to sleep

Coming down

- Feeling extremely tired, unable to sleep, anxious, hungry and thirsty
- Clenched jaw
- Strong cravings for more meth


Signs of overdose

feels like:

- Your heart is pumping fast
- You're short of breath
- Your body is hot, sweaty and shaky
- You have chest pain
- You can't talk, can't walk

looks like:

- Fast pulse or no pulse
- Fast or no breathing
- Hot and sweaty skin
- Confusion, hallucinations, unconscious
- Can't talk, can't walk
- Vomiting
- Seizures

 Reminder: using condoms and lube during sex will reduce your risk for HIV and other infections.

Your peers created this harm reduction pamphlet for you. **Be safe.**

What to do if someone ODs

- 1 Call out for help – **do not leave the victim**
- 2 Try to get them to slow down and relax
- 3 Call 9-1-1 for an ambulance, send someone to seek help and report back
- 4 Tell paramedics as much as you can about what happened

Ready to detox? Help is just a phone call away.

Call Access Central at 1-866-658-1221, seven days a week from 9am to 7:45pm for detox, residential addiction services and addiction housing.

1.866.658.1221

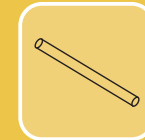
For more copies, go online at vch.eduhealth.ca or email pchem@vch.ca and quote Catalogue No. **DB.500.5341**
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Safer Smoking

crack

crystal

What you need to smoke crack safer:



Shatterproof Pyrex Pipe



Re-useable mouthpiece



Five wire screens



Wooden push stick

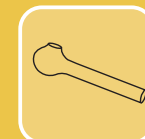


Lighter



Alcohol swabs

What you need to smoke crystal safer:



Shatterproof Pyrex Pipe



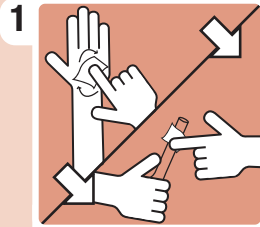
Lighter



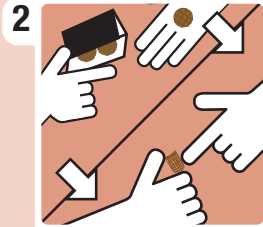
Alcohol swabs

the user-friendly series

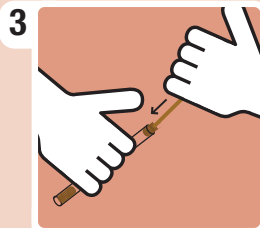
Safer crack smoking



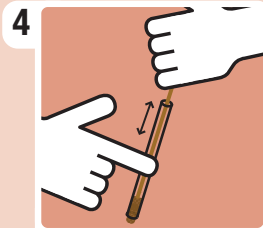
1 Clean your hands and mouthpiece with alcohol swabs



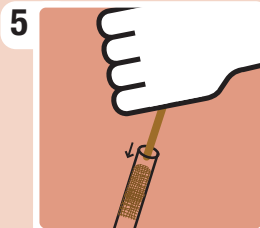
2 Twist each of your five wire screens into the shape of a cone



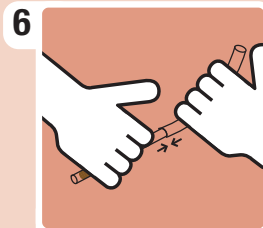
3 Using your wooden push stick, insert the screens one at a time into the pipe



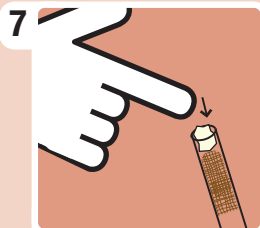
4 Use your wooden push stick to gently tamp down the screens



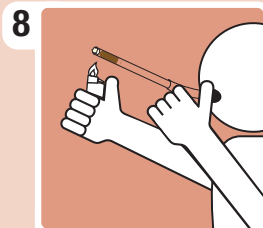
5 Nudge the screens back to make room for the crack



6 Fit your mouthpiece onto your pipe



7 Tilt the pipe up and place the drugs on top of the screens



8 Apply heat, inhale slowly, then exhale immediately

safer crack use tips

- Smoke in a safe place with people that you trust
- Take vitamins and eat something before you smoke – you won't feel like eating after
- Have condoms with you – you may want to have sex while high
- Pipe will be very hot once used – handle it with care
- Don't be alarmed by feelings of extreme depression once you're sober – it's your body reacting to the drug

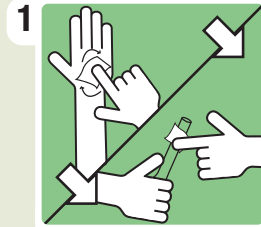
mouth care

- Don't share: use your own mouthpiece to avoid infection and mouth burns
- Drink water or fruit juice to keep your mouth moist and reduce cracks and blisters
- Moisten your lips with lube or lip balm
- Chew gum to keep your mouth moist and healthier

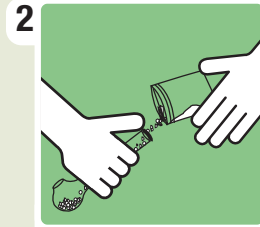
wire screens vs. brillo

- Wire screens are much safer than brillo
- Brillo's toxic coating can make you sick
- Brillo can break apart and be inhaled, burning your mouth and throat
- If wire screens aren't available and you can only use brillo, be sure to:
 - Burn the coating off and change it frequently

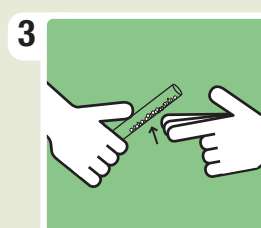
Safer crystal smoking



1 Clean your hands and pipe with alcohol swabs



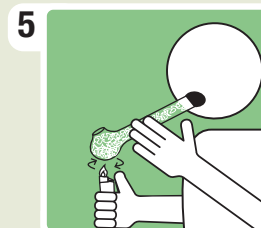
2 Pour crystal into your pipe



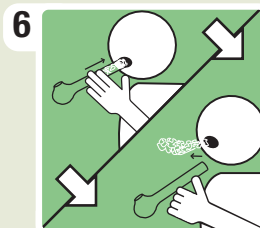
3 Tap your pipe to move the drugs into the bowl



4 Holding your pipe halfway down the stem, apply heat to the bowl, keeping the heat source moving



5 Heat will vaporize the drugs, filling your pipe with smoke



6 Inhale slowly then exhale immediately

safer crystal use tips

- Smoke in a safe place with people that you trust
- Inhale slowly and exhale immediately – don't hold it in
- Know your limits – once you're high, stop smoking
- Take vitamins and eat something before you smoke – you won't feel like eating after
- Have condoms with you – you may want to have sex while high
- Keep your pipe clean by burning off the residue and then scrubbing it with alcohol swabs
- When coming down, eating will help you sleep
- Don't be alarmed by feelings of extreme depression once you're sober – it's your body reacting to the drug

mouth care

- Avoid infection by using your own pipe – don't share
- Drink water or fruit juice to keep your mouth moist and reduce cracks and blisters
- Chew gum to keep your mouth moist and reduce clenching