

SIGNS OF OVERDOSE

Feels like:

- heart is pumping fast
- short of breath
- hot, sweaty and shaky
- chest pain
- nausea
- faintness

Looks like:

- fast or no pulse
- fast or no breathing
- hot and sweaty skin
- confusion, anxiety
- unconscious
- vomiting
- seizures

IF SOMEONE ODS...

It is important to recognize the early symptoms of an overdose and seek medical assistance.

- Try to walk the person around, keep them awake
- Roll the person on their side (if unconscious)
- Call out for help—do not leave the person
- Call (or get someone else to call) 911
- Tell paramedics as much as you can

SAFER SMOKING PRODUCTS

Contact the health unit in your community for information about obtaining alcohol swabs, mouthpieces and push sticks. Visit HealthLink BC for locations, www.healthlinkbc.ca.

GETTING HELP

Self-help tools:

www.heretohelp.bc.ca
www.carbc.ca

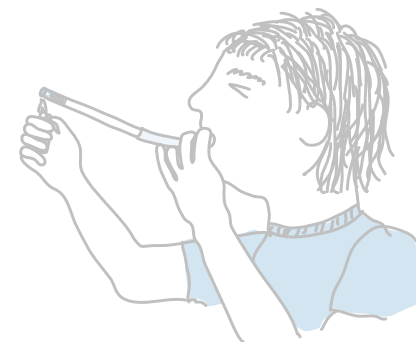
Alcohol and Drug Information and Referral Service:

1-800-663-1441 (BC)
604-660-9382 (Greater Vancouver)



SAFER SMOKING

CRACK AND CRYSTAL METH



**REDUCE YOUR RISK
OF BURNS, INFECTIONS, DISEASE,
OVERDOSE, NUTRITION PROBLEMS
AND DEHYDRATION**

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Here to Help is a project of the BC Partners for Mental Health and Addictions Information. This brochure was developed by the Centre for Addictions Research of BC, a member of the BC Partners.



YOU AND SAFER SMOKING

Smoking any illegal drug is risky because you can never know for sure what's in it or how it was made. But there are also risks involved in how you smoke. Here are some ways to reduce those risks.

BEFORE YOU START...

Know your dealer It's best to choose someone you feel safe with and who knows about the drugs they sell.

Take vitamins or eat something You may not feel like eating when high.

Find a buddy Using alone means no one will be there to help you if you overdose.

Find a safe place Being relaxed and not in a hurry makes smoking easier and therefore safer.

Bring condoms and lube with you Stimulant drugs can increase your sex drive.

Clean your hands and your own mouthpiece Use soap and water or alcohol swabs to wash away germs that could go in your mouth.

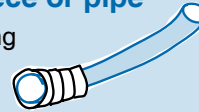


TO REDUCE RISK...

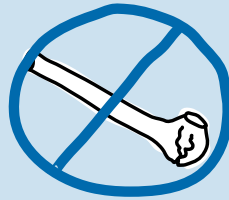
Start with a small amount If you don't know how strong the drug is, this can help reduce your risk of overdose.

Use your own mouthpiece or pipe

This will help you avoid getting or spreading infection.



Use a shatterproof Pyrex pipe Other pipes can get too hot or give off toxic fumes.



Avoid using broken or cracked pipes

Damaged pipes can lead to burns, cuts and infections.

Drink water, use lip balm and chew gum

These things will help keep your mouth moist and reduce cracks, blisters and risk of infection.



WHEN PREPARING TO SMOKE METH...

Make sure the drug is in the right part of the pipe bowl If necessary, tap pipe gently.

Avoid burning your fingers Hold the pipe halfway down the stem.

Apply heat to the bowl Keep the heat source moving around until smoke fills the pipe (so the bowl won't crack).

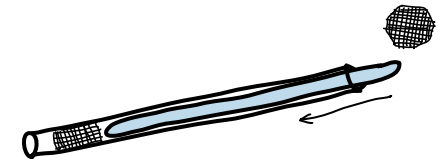
WHEN PREPARING TO SMOKE CRACK...

Use screens instead of Brillo (steel wool)

Brillo can break apart and be inhaled, and its coating can make you sick.

Pack five screens into your pipe This is safest. If you prefer, it's okay to wrap the brass screens completely around the Brillo and use them together as a screen.

Use a wooden push stick Wood is less likely than metal to damage the pipe.



WHEN SMOKING...

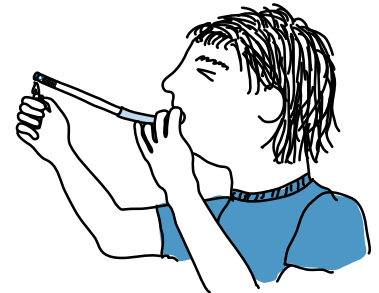
Inhale slowly

This will help prevent burning your lungs.

Exhale immediately

Holding it in doesn't make the effects stronger—it only hurts the lungs more.

Handle the pipe with care It'll be hot after using it.



DID YOU KNOW...?

Eating when you're coming down will help you sleep.