### 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

### 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.

**Call Access Central at 1-866-658-1221**

**For more copies, go online at [http://vch.aduhealth.ca](http://vch.aduhealth.ca) or email [phem@vch.ca](mailto:phem@vch.ca) and quote Catalogue No. DB.500.S341**

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### 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

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### Safer Smoking

**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

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**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.**
Safer crack smoking

**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

**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