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 crystal

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

Safer Smoking

crack

What you need to smoke crack safer:
- Shatterproof Pyrex Pipe
- Re-useable mouthpiece
- Five wire screens
- Alcohol swabs

crystal

What you need to smoke crystal safer:
- Shatterproof Pyrex Pipe
- Lighter
- Alcohol swabs

What you need to smoke crystal safer:
- Re-useable mouthpiece
- Five wire screens
- Alcohol swabs

Needle Exchange Program

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

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Safer crystal smoking

Safer crack smoking

Smoking 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

Vitamins and food

→ Take vitamins and eat something before you smoke – you won’t feel like eating after

Condoms

→ Have condoms with you – you may want to have sex while high

Pipe maintenance

→ Keep your pipe clean by burning off the residue and then scrubbing it with alcohol swabs

Eating

→ When coming down, eating will help you sleep

Mouth 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

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

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