

## What to expect...

### The High (lasts 5 to 30 minutes)

- Feel an intense rush
- Warm skin, dry mouth
- Feel thirsty, not hungry
- Fast heartbeat and breathing
- Hearing things that aren't there

### Coming Down

- Feeling restless, sweaty and twitchy
- Sensitive to noise and light
- Feelings of paranoia or depression
- Cravings for more crack

## Signs of Overdose

### Feels Like...

- Heart is pumping fast
- Short of breath
- Feeling hot, sweaty and shaky
- Chest pain
- Can't walk, can't talk

### Looks Like...

- Fast pulse or no pulse
- Fast or no breathing
- Hot and sweaty skin
- Confusion, seeing or hearing things that are not there, passing out
- Can't talk, can't walk
- Vomiting or seizures

Adapted from resources developed by:  
Vancouver Coastal Health, 2011  
OHRDP, April 2014  
Revised by SHA December 2018

## What to do if someone ODs

1. Call out for help. Do not leave the person alone.
2. Call 9-1-1 (or get someone else to call) for an ambulance. Send someone to get help and report back to you.
3. Try to get them to slow down and relax.
4. Tell paramedics as much as you can about what happened.

For **24/7** health advice, to find a Mental Health and Addiction Services program, or to find a Take Home Naloxone Program near you call Healthline at **811**.

For questions on how to access Mental Health and Addictions Services contact:



[saskhealthauthority.ca](http://saskhealthauthority.ca)

# SAFER CRACK SMOKING

What you need to smoke crack safer:



Screens



Alcohol Swab



Push Stick



Mouthpiece



Stem



Lighter



Saskatchewan  
Health Authority

# Safer Crack Cocaine Smoking

## Safer Crack Use Tips

- Smoke in a safe place with people you trust
- Move the flame back and forth to avoid burning the stem
- The stem will be hot - handle with care
- Eat your vitamins before you smoke
- Avoid alcohol while smoking crack, it can increase risk of overdose
- Drink water or juice to prevent dehydration
- Keep condoms and lube with you as you may want to have sex while high
- Don't be alarmed if you feel depressed when you are coming down as this can be normal

## Mouth Care

- Don't share pipes - this will help prevent you from getting infections
- Drink water or juice, or chew gum to keep your mouth moist and reduce cracks and blisters
- Use lip balm to prevent cracks and burns
- Use a long mouthpiece to prevent hot pieces being inhaled

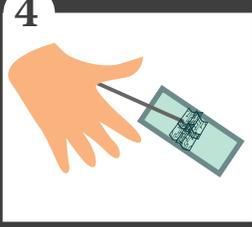


**Combining substances can be dangerous, proceed with caution!**

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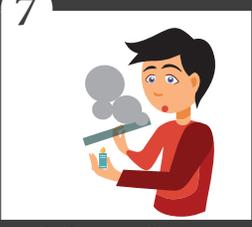
1 Wash your hands. Clean stem and mouthpiece with alcohol swab
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2 One way to insert screen into stem is to twist into cone shape
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3 Using a pushing stick, insert the screens gently into the stem
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4 Nudge the screens in to make room for the crack
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5 Fit your mouthpiece onto your stem
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6 Tilt stem up and place drugs on top of screens
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7 Apply heat, inhale slowly, then exhale immediately
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8 Protect yourself and your community, always dispose of your equipment safely

## Pipe Safety

Pipes can be used over and over again until they are unsafe. Pipes are unsafe when:

- Anyone but you has used the pipe
- The pipe is scratched, cracked or chipped
- The mouthpiece has been burnt
- The screen has come loose in the stem

## Screen Safety

- Make sure the screens are secure in the stem, check often.
- Be careful not to chip the glass when packing the stem.
- Screens are safer than brillo. Brillo has a toxic coating that can make you sick. Brillo can break apart and burn your mouth and throat.

## Safe Disposal Tips

- Put used pipes into a sharps container. If you don't have a sharps container, place it in a hard sided container.
- Return used pipes to your local harm reduction site or community needle drop box.

**Talk to your local harm reduction staff about what safer drug use supplies and supports they have available.**