

Signs of Overdose

Feels Like...

- Heart is pumping fast
- Short of breath
- Feeling hot, sweaty and shaky
- Chest pains

Looks Like...

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



Combining substances
can be dangerous!
Overdose can happen
when using drugs

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 Addictions 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:

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



saskhealthauthority.ca

SAFER CRYSTAL METH SMOKING

What you need to smoke crystal meth safer:



Lighter



Pipe



Alcohol Swab



Mouthpiece



Saskatchewan
Health Authority

Safer Crystal Meth Smoking

What to Expect

Crystal Meth

The High Can: (Last 4 to 24 hours)

- Feel more alert and have lots of energy
- Make you have a dry mouth
- Make you breathe faster and feel like your heart is beating faster
- Feel restless, anxious, paranoid and unable to sleep

Coming Down Can:

- Make you tired but unable to sleep
- Feel hungry and thirsty
- Feel anxious or depressed
- Make your jaw clench tight
- Make you have cravings for more crystal meth

Safe Disposal

- 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 needle community drop box.



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

How to prepare your crystal meth pipe



1 Wash your hands. Clean the pipe and mouthpiece with alcohol swab



2 Pour crystal meth into your pipe. Tap your pipe to move the drugs into the bowl.



3 Fit your mouthpiece onto your pipe



4 Hold pipe halfway down stem, apply heat to bowl, keep heat moving to vaporize drug



5 Inhale slowly, then exhale immediately



6 Protect yourself and your community, always dispose of your equipment safely

Smoking Tips

- Smoke in a safe place with people you trust
- Inhale slowly and exhale right away to prevent burning your lungs
- Your pipe will be hot - handle pipe with care
- Eat or take vitamins before you smoke. Eating when you're coming down will also help you sleep.
- Have condoms and lube with you as you may want to have sex when high.
- Clean your pipe by burning off residue and scrub it with alcohol swabs.
- 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.

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