# What to expect

### crack

**The high**
- A high that lasts 3–30 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 bitty
- Sensitivity to noise and light
- Feelings of paranoia
- Strong cravings for more crack

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**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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### 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

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### Safer Smoking

**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

**What you need to smoke crack safer:**

- Shatterproof Pyrex pipe
- Re-useable mouthpiece
- Fire wire screens
- Wooden push stick
- Lighter
- Alcohol swabs

**What you need to smoke crystal safer:**

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**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 5pm for detox, residential addiction services and addiction housing.

**1 866 658 1221**

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*Your power created this harm reduction pamphlet for you. Be safe.*

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Safer crack smoking

1. Clean your hands and mouthpiece with alcohol swabs
2. Twist each of your five wire screens into the shape of a case
3. Using your wooden push stick, insert the screens one at a time into the pipe
4. Use your wooden push stick to gently tamp down the screens
5. Nudge the screens back to make room for the crack
6. At your mouthpiece onto your pipe
7. Till the pipe up and place the drugs on top of the screens
8. Apply heat, inhale slowly, then exhale immediately

Safer crystal smoking

1. Clean your hands and pipe with alcohol swabs
2. Pour crystal into your pipe
3. Tap your pipe to move the drugs into the bowl
4. Holding the pipe halfway down the stem, apply heat to the bowl, keeping the heat source moving
5. Heat will vaporize the drugs, filling your pipe with smoke
6. Inhale slowly then exhale immediately

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 use tips:

- Smoke in a safe place with people 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

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staying healthy

Rock can be hard on your body, so try to do the following:

- Drink a lot of water to keep your mouth and lips moist. This helps prevent cracks and blisters.
- Lube on your lips also helps prevent cracking.
- Gum will help keep your mouth moist, and helps prevent jaw-clenching and teeth-grinding.
- People using crack tend to have a lot of sex. Always protect yourself and others. Use condoms.
- Eating is the last thing people want to do on a crack run. Don’t let yourself become worn down. Take vitamins every day.
- Covering up finger burns with band-aids helps prevent infections.

effects of crack

- Crack can produce a euphoria effect that lasts for five minutes to two hours.
- Crack can damage the brain and affect memory and ability to think. It may also cause eating and sleeping disorders.
- People who have used crack can become psychotic. They may be confused and paranoid, or behave in an erratic or violent way.
- Crack can cause hallucinations and muscle twitching.
- Using crack can lead to respiratory problems, seizures and cardiac arrest.

crack {rock} cocaine

do's and don’ts

harm reduction learning series

other brochures in the harm reduction learning series:
- coping with triggers
- safer injecting information for drug users
- vein care
- common infections from injection drug use
- o.d. overdose, crashing
- the safer fix

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safer using tips

1. Smoke in a place where you feel safe with people you trust. It is important to have someone looking out for you.

2. Use a pyrex pipe. It absorbs heat better than regular glass and is less likely to shatter. Don't use pipes with jagged edges.

3. Always put a mouthpiece on the end of your pipe. This will help prevent burns from the hot end or cuts from jagged edges.

4. Never share mouthpieces or pipes! Infections are easily spread through sharing because of cuts and burns to your mouth.

5. Don't overheat one spot on the pipe. Moving the flame around will prevent hot spots that could break the pipe. Longer pipes will not overheat as easily.

6. Don't use gas-filled lighters. The fumes can cause bad headaches. Smoke rock in well-ventilated areas.

7. If you use matches, wait for the sulphur to burn off so you don't inhale it.

8. Use wire mesh to hold the rock in your pipe. Mesh is safer than brillo because it is not coated with toxins that are released when it is burnt. Inhaling toxins from brillo is damaging to your lungs.

9. If you have to use brillo, burn it first to remove the coating before smoking.

10. If you have to use brillo, use thick brillo. Fine brillo will break when burnt and you could inhale it into your throat and lungs.

11. Avoid copper brillo. It releases poisonous fumes when burnt.

12. Push the mesh through the pipe to avoid getting burnt. Coat hangers or umbrella spokes work well.

13. You must break down rock if you want to fix it. Avoid vinegar or lemon juice because they may contain a fungus that affects your vision. Ascorbic acid or Vitamin C powder are the best to use to do this. You can get them in some health clinics or buy them in drug stores.

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