

## Additional Resources

Check out these other guides!



Video

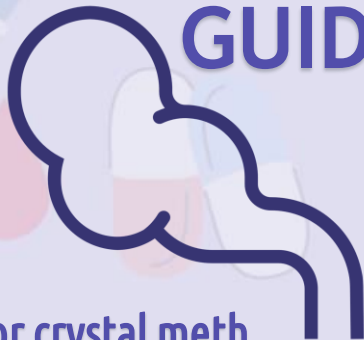


Infographic

Or search "CATIE safer smoking"

Place any state/city-specific resources here (e.g., local syringe service program)

# SAFER SMOKING GUIDE



for crystal meth



University of  
Pittsburgh



## WHAT'S IN YOUR KIT?



## SAFETY TIPS

- Blood can get on a pipe through lip cuts & burns so sharing can transmit hepatitis C
- Inhale slowly & exhale right away to prevent burns
- Pipe will be hot after use so handle with care
- Meth decreases your inhibitions. Practice safe sex
- Take breaks. Remember to eat/drink & sleep
- Pay the rent/bills and buy food first



## OVERDOSE PREVENTION

Crack cocaine and meth can be contaminated with fentanyl.

- Test your drugs
- Have naloxone available
- Start low, go slow
- Don't mix substances
- Never use alone

1

### Alcohol wipe

- Clean your hands, mouthpiece, and pipe

2

### Bowl pipe

- Use your own
- Use glass Pyrex as it's more durable
- Hold pipe halfway down the stem to avoid burning your fingers
- Don't let the flame touch the bowl and keep it moving so the bowl won't crack
- Discard in sharps container if broken

3

### Mouthpiece

- Place onto end of bowl to prevent cutting or burning your lips

4

### Lip balm



## MOUTH CARE

- Apply lip balm after
- Drink fluids to keep your mouth moist and to reduce cracks & blisters
- Chew gum to keep mouth moist & reduce clenching
- Brush teeth or use mouthwash



## SIGNS OF OVERDOSE

- Heart pumping fast
- Chest pain
- Confusion or hallucinations
- Shortness of breath
- Body shaky & sweaty
- Can't talk or walk