

## DID YOU KNOW?

**IT IS DIFFICULT TO ACCESS AN  
OVERDOSE PREVENTION SITE OR SAFE  
CONSUMPTION SITE TO SMOKE  
SUBSTANCES**

**WHILE IT MAY BE TEMPTING TO  
SMOKE ALONE BUDDY UP TO AVOID  
OVERDOSE**

**REMEMBER TO CARRY A NALOXONE  
KIT & KNOW HOW TO USE IT**



**SUPPORT**  
SUPPORT  
SUPPORT

## RESOURCES & REFERENCES

Here to Help: Mental Health and Substance Use Information You Can Trust. (2020). Safer Smoking: Crack and Crystal Meth. Retrieved from [www.heretohelp.bc.ca/infosheet/safer-smoking-crack-and-crystal-meth](http://www.heretohelp.bc.ca/infosheet/safer-smoking-crack-and-crystal-meth).

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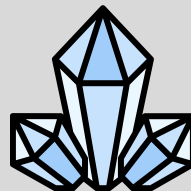
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# SAFER SMOKING

## A HARM REDUCTION GUIDE TO SAFER SMOKING: STIMULANTS & OPIOIDS



**SMOKING SUBSTANCES STILL  
PUTS YOU AT A HIGH RISK OF  
OVERDOSE BECAUSE IT IS  
HARD TO MEASURE HOW  
MUCH YOU ARE GETTING**

# SMOKING SUPPLIES

Try to seek out a quiet, safe space & somewhere you won't be rushed

- Tubing
- Screens
- Pyrex pipes & stems
- Foils
- Wooden push sticks



SMOKING IS EASIER TO INGEST BUT HARDER TO DOSE. START SLOW, WITH A TEST HOOT TO REDUCE THE RISK OF OVERDOSE.

## WHEN SMOKIN'

Inhale SLOWLY & exhale FAST.

Holding in your hoots doesn't get you higher and may cause long term lung damage.

### DID YOU KNOW?

KITCHEN FOILS ARE HARMFUL TO INHALE WHEN HEATED- USE HAIR COLORING FOIL INSTEAD

USE A SHATTERPROOF PYREX PIPE TO AVOID TOXIC FUMES OR CRACKING YOUR SUPPLIES

HARM REDUCTION FOIL AVAILABLE FROM MOST LOCAL HARM REDUCTION SITES

# RISKS OF SMOKING

Increased risk of accidental overdose

Lung damage

Burns to the lips and fingers from a hot pipe

## HOW TO AVOID COMPLICATIONS

- Start with a small amount as a tester
- Use your own supplies
- Use a mouth piece and clean with an alcohol swab first
- Be careful because your pipe will be hot afterwards

# HOW TO PREVENT A BROKEN PIPE

- Have a hard shell case
- Use a wooden scraper to clean your pipe instead of metal
- Warm your pipe before scraping or cleaning it
- Move your lighter in a circular motion when smoking to prevent the glass from getting too hot



WET YOUR WHISTLE  
KEEP YOUR LIPS LUBRICATED TO AVOID CUTS AND BURNS THAT CAN INCREASE THE RISK FOR CONTAGIOUS INFECTION SUCH AS HEP C



GET YOUR DRUGS TESTED WHEN POSSIBLE FROM YOUR LOCAL HARM REDUCTION SERVICES  
[WWW.DRUGCHECKING.CA](http://WWW.DRUGCHECKING.CA)