

Safer Crack Smoking Tips

HARM REDUCTION TIPS FOR THE USE OF FREEBASE COCAINE

- **Use clean copper wire or choy. Pipe screens are ideal; use those if you have them**
- Clean your mouth pieces off with an alcohol wipe between uses
- **Do not use broken or soiled mouth pieces**
- When available, use a glass or metal stem with a mouthpiece
- **Wrap a few rubber bands around the end of the stem; this will help prevent burns**
- Chew gum to keep yourself hydrated and prevent lockjaw
- **Take Vitamin C & E supplements**
- Keep triple antibiotic ointment handy (Neosporin)
- **Wear lip balm to ease irritation and burns**
- Keep the flame moving instead of letting it sit on one spot on the shooter
- **Let your pipe cool between hits to prevent mouth burns**
- Avoid mixing drugs including alcohol

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HARM REDUCTION TIPS FOR CONSUMPTION OF FREEBASE COCAINE

- If you or someone you are using with has chest pains, unusual light-headedness, ruptured abscesses (a pus filled sore), severe infection, or seizure, **call 911 immediately.**
- If someone you are using with begins to have a seizure or falls unconscious, **stay with the person.** Lay them on their side. Make sure no sharp or dangerous objects are nearby.
- **Know your limits** and if you need help quitting, in-patient and out-patient options are available in the state of Missouri.
- You deserve health, dignity, and happiness. You can start your recovery journey by visiting NoMoDeaths.org. Talk to a Certified Peer about recovery. Consider joining a 12-step group. Judgment-free help is out there. **Don't give up on yourself; your life is worth saving.**



For recovery resources in your area, visit:

NoMoDeaths.org

DMH.Mo.Gov

CrystalMeth.org

Kccare.org

For Harm Reduction practices for Stimulant Use Disorder, visit:

Tweaker.org

HarmReduction.org

FOR THE NATIONAL SUICIDE HOTLINE, CALL: 800-273-8255