

Signs of overdose (OD)

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

feels like

- Your heart is pumping fast
- You are short of breath
- Your body is hot, sweaty and shaky
- You have chest pain
- You can't walk, can't talk

looks like

- Fast pulse or no pulse
- Fast breathing or no breathing
- Hot and sweaty skin
- Confused, hallucinating, not responding
- Can't talk, can't walk
- Vomiting
- Seizures

What to do if someone ODs

- 1 Call out for help - **do not leave the person**
- 2 Try to get them to slow down and relax
- 3 Send someone to call 9-1-1 for an ambulance and report back
- 4 Tell paramedics as much as you can about what happened

Need info about addiction services?

help is available 24 / 7
call the Drug & Alcohol Helpline
1.800.565.8603
confidential, anonymous, free

adapted from pamphlet by:
Vancouver Coastal Health, 2011
revised by OHRDP, April 2014

talk to your local harm reduction site about what safer drug use supplies they have available

Safer Crack Smoking

Safer crack smoking equipment



stem



mouthpiece



screens



push stick



lighter



alcohol swab

insert your program info here



ontario harm reduction distribution program
1.866.316.2217 www.ohrdp.ca

OHRDP is a program of:



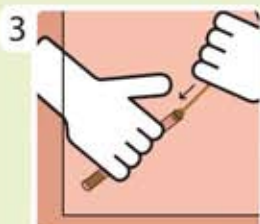
Safer crack smoking



1
Clean your hands & mouthpiece with soap and water or alcohol swabs



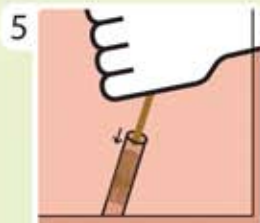
2
One way to insert screens into stem: twist your screens into a cone shape



3
Using a push stick insert the screens into the stem



4
Gently push the screens down with the push stick



5
Nudge the screens in to make room for the crack



6
Fit your mouthpiece onto your stem



7
Tilt stem up and place the drugs on top of the screens



8
Apply heat, inhale slowly, then exhale immediately

safer crack use tips

- Smoke in a safe place with people that you trust
- Take vitamins and eat something before you smoke. You won't feel like eating after
- Stay hydrated with water or juice. Avoid alcohol while smoking crack, it can increase risk of overdose
- Have condoms & lube with you. You may choose to have sex while high
- Using condoms and lube during sex will reduce your risk for HIV and other infections
- When smoking, move the flame back and forth to avoid burning the stem
- The stem will be very hot once used. Handle it with care
- Don't be alarmed by feelings of extreme depression once sober. It's your body reacting to coming down

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 & reduce cracks/blisters
- Moisten your lips with your own lip balm or lube
- Chew gum to keep your mouth moist
- Use a longer mouthpiece to reduce risk of hot pieces being inhaled

what to expect

The high

- A high that lasts 5 to 30 minutes
- Feeling an intense, euphoric rush
- Warm skin, dry mouth
- Feeling thirsty, not hungry
- Rapid heartbeat and breathing
- Hearing things that aren't there

Coming down

- Feeling restless, sweaty and twitchy
- Sensitivity to noise and light
- Feelings of paranoia
- Strong cravings for more crack



Note: combining substances can be dangerous - leave lots of time between doses

screens vs brillo

- 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
- Make sure the screens are secure in the stem, check often
- When you pack the stem, be careful not to chip the glass
- If screens aren't available, and you can only use brillo, be sure to:
 - Burn coating off
 - Change brillo frequently