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.
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