

Safer smoking tips:

- Never use alone
- Get trained and **carry naloxone**
- **Don't share your pipe**
- **Use different pipes for opioids and stimulants**
Mark your pipes with tape so you can tell them apart
- **Test your drugs** at an OPS or with Take Home Fentanyl Test Strips
- **Use a little** first to see how strong it is
- **Be extra careful when your tolerance is low.**
When you have stopped using, your tolerance goes down quickly.
- Be aware there are **benzos** in the unregulated drug supply. Benzos can complicate overdose, lead to prolonged unconsciousness, memory loss, and dangerous withdrawal
- Remember your body needs **water, good food, and sleep**

Mouth care tips

Smokers can get more health problems with their mouths and teeth. Taking a bit of extra care can help reduce some of the most common risks.

- Avoid infection by **using your own pipe** – don't share.
- **Drink water** or fruit juice to keep your mouth moist and reduce cracks and blisters
- **Chew gum** to keep your mouth moist and reduce clenching
- **Brush your teeth.** If you are heading out, pack a toothbrush with you
- **Floss**, but not right before oral sex because flossing might cause your gums to bleed
- **See a dentist** for routine check-ups.
Ask at harm reduction services for a list of peer-recommended dentists.

What to do in a Toxic Drug Poisoning (overdose):



Call 9-1-1

- S Stimulate.** Try to wake the person up. If they are unresponsive, call 911.
- A Airway.** Make sure there is nothing in the mouth, tilt head back to open airway.
- V Ventilate.** Plug the nose, tilt the head back and give one breath every 5 seconds.
- E Evaluate.** Are they breathing on their own? If not, prepare naloxone.
- M Medication.** Inject one dose (1cc) of naloxone.
- E Evaluate and support.** Is the person breathing? Naloxone usually takes effect in 3-5 minutes. If the person is not breathing on their own in 5 minutes, give another dose of naloxone.



Get naloxone training.

Ready to stop using?

Help is just a phone call away.

Call Access Central at **1-866-658-1221**, seven days a week from 9:00am to 7:45pm for withdrawal management (aka "detox"), residential addiction services and addiction housing.



Don't use alone! Use at an Overdose Prevention Site (OPS). Scan the QR to find your nearest one.



Need health support? The Overdose Outreach Team (OOT) can help you with substance use care and support. Call **604-360-2874** seven days a week, 8:00am to 8:00pm for help in the VCH region (including Vancouver, Sunshine Coast, North Shore, and Sea to Sky).



Virtual Overdose Prevention
If you're alone, use a phone app like Lifeguard or Brave, or call NORS line **1-888-688-NORS** for virtual overdose prevention.

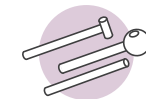


Toxic Drug Alerts
Text **"JOIN"** to **253787** to get alerts and watch for drug alerts on posters and websites.

For more copies, go online at vch.eduhealth.ca or email pheh@vch.ca and quote Catalogue No. **DB.500.S343**
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Safer Smoking

Supplies you may need to smoke safer:



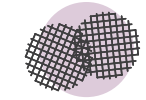
PIPE



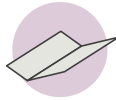
ALCOHOL SWABS



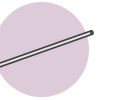
PLASTIC MOUTHPIECE



SCREENS



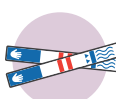
FOIL



PUSH STICK OR UNBENT PAPERCLIP



LIGHTER



FENTANYL TEST STRIP



NALOXONE KIT

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

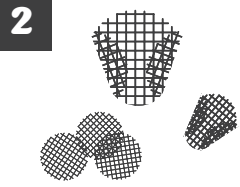
Steps for safer smoking:



STRAIGHT PIPE USUALLY USED FOR CRACK OR METH



1
Clean your hands and mouthpiece with alcohol swabs



2
Twist each of your five wire screens into the shape of a cone



3
Using your wooden push stick, insert the screens one at a time into the pipe.



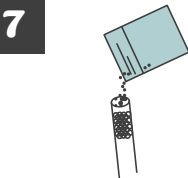
4
Use your wooden push stick to gently tamp down the screens.



5
Nudge the screens back to make room for the crack.



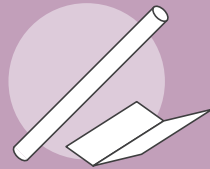
6
Attach a mouthpiece onto your pipe.



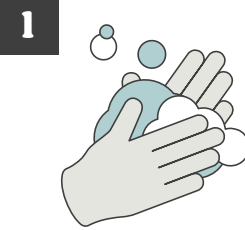
7
Tilt the pipe up and place the drugs on top of the screens.



8
Apply heat, inhale slowly, then exhale immediately.



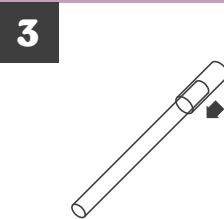
STRAIGHT PIPE WITH FOIL USUALLY USED FOR FENTANYL OR DOWN



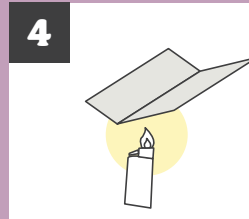
1
Clean your hands with soap and water or hand sanitizer.



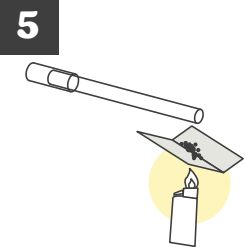
2
Clean your pipe with an alcohol swab.



3
Attach a mouthpiece onto your pipe.



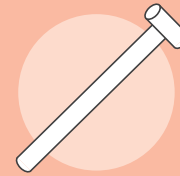
4
Fold foil in half to make a "boat" for drugs and pre-heat foil from below with lighter.



5
Place drugs in centre of foil and heat from below with a lighter.



6
Inhale smoke using pipe. Exhale right away.



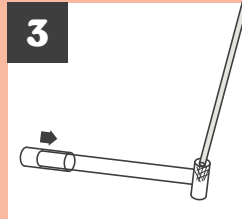
HAMMER PIPE USUALLY USED FOR FENTANYL OR DOWN



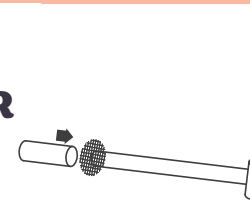
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Clean your hands with soap and water or hand sanitizer.



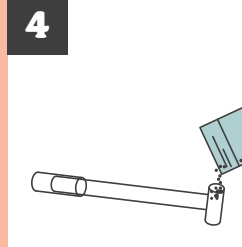
2
Clean your pipe with an alcohol swab.



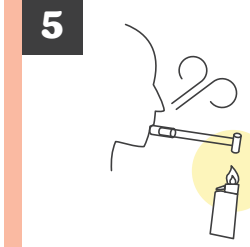
3
Push screen into pipe with push stick or unbent paperclip. Attach a mouthpiece.



OR
Place a screen on the end of a pipe. Attach a mouth piece.



4
Place powder into your pipe.



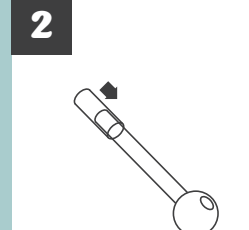
5
Heat pipe with lighter and inhale smoke. Exhale right away.



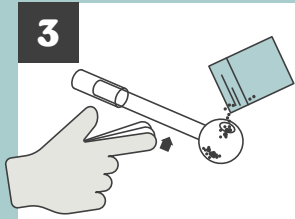
BOWL PIPE USUALLY USED FOR METH



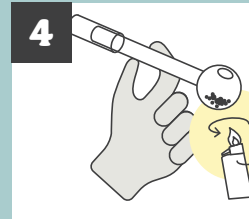
1
Clean your hands with soap and water or hand sanitizer.



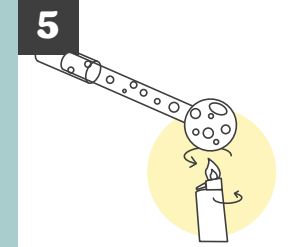
2
Attach a mouthpiece onto your pipe.



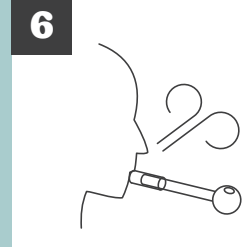
3
Pour crystal into your pipe. Tap your pipe to move the drugs into the bowl.



4
Holding your pipe halfway down the stem, apply heat to the bowl, keeping the heat source moving.



5
Heat will vaporize the drugs, filling your pipe with smoke.



6
Inhale slowly, then exhale immediately.