

# What to Expect

## Crack

### The High:

- A high that lasts 5-30 minutes
- Feeling an intense, euphoric rush
- Warm skin, dry mouth
- Feeling thirsty, not hungry
- Rapid heartbeats and breathing
- Auditory hallucinations

### Coming Down:

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

## Crystal

### The High:

- A high that lasts 4-24+ hours
- Feeling alert and energetic
- Not feeling hungry or tired
- Dry mouth
- Faster breathing and heart rate
- Feeling restless, anxious, or paranoid and unable to sleep
- Auditory and visual hallucinations

### Coming Down:

- Strong cravings for more crystal
- Feeling extremely tired, unable to sleep, anxious, hungry, and thirsty
- Clenched jaw
- Tensed muscles

# Who Should I Call?



RCVTAC  
1-877-727-6404

## Renfrew County Virtual Triage and Assessment Centre

If you have a health concern and are not comfortable calling 911, call RCVTAC for support from medical receptionist, family doctors, and community paramedics 24 hours a day, 7 days a week.



Mackay Manor  
1-877-819-4181

## Mackay Manor

To get in touch with the Mesa Mobile Outreach Team, call Mackay Manor and they can get you connected!

**mesa** | [www.mackaymanor.ca/mesa-mobile-outreach-program/](http://www.mackaymanor.ca/mesa-mobile-outreach-program/)

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**Changemark**  
RESEARCH + EVALUATION

# mesa

Renfrew County Mobile  
Substance Use Service

# Inhalation & Pipe Safety

How to keep yourself safe when smoking crack and crystal



Combining substances can be dangerous, proceed with caution if you do!

# Safer Smoking Supplies

Using safer smoking practices is important to prevent and minimize harm, such as infections like Hepatitis B and C. Here are some practical tips for safer use. Talk to the **Mesa Mobile Outreach Team** for more information and tips!

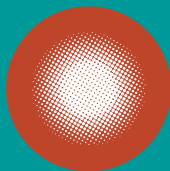
## What you need to smoke crack safer:



Pyrex glass pipe



Reusable mouthpiece



Brass screens



Wooden push stick



Lighter



Alcohol Swabs

## What you need to smoke crystal safer:



Heat resistant glass pipe



Lighter



Alcohol Swabs



### Lighter Safety

Use a proper lighter if you can, and try to avoid using zippo lighters, candles, or handheld torches.

# Safer Smoking Tips

- Smoke in a safe place with people you trust
- Take vitamins and eat something before you smoke - you might not want to eat after
- Inhale slowly and exhale immediately
- Avoid exhaling smoke into another's mouth, since this can possibly transmit TB, COVID-19, HIV, or Hep C.
- Have condoms with you in case you want to have sex while high
- Keep your pipe clean by burning off the residue and then scrubbing it with alcohol swabs
- Your pipe will be really hot once used, make sure you touch it with care
- Don't be surprised by feelings of depression once you're coming down, it's your body reacting to the crack or crystal

## Preventing Hep B and Hep C



**Access new supplies:** Get safer smoking supplies, including straight stems or bowl pipes, mouthpieces, brass screens, wooden push sticks, and alcohol swabs from a **Mesa Mobile Outreach Worker**.



**Never share smoking supplies:** Sharing supplies can pass infections through small amounts of blood.



**Take care of your mouth:** Use pipes and mouthpieces from a harm reduction kit to prevent burns, sores, and cuts. Drink water or fruit juice to keep your mouth moist.



### Wire Screens vs. Brillo

Wire screens are safer than brillo (steel wool). Brillo can make you sick. If you can't use wire screens, make sure you burn the coating off the brillo and change it often.

# Tips for Safer Use



## Don't share equipment

Use your own gear, and don't share with others. Try to use a new pipe every time. Ask the Outreach Team for new supplies!



## Keep naloxone with you

Know how to use naloxone, call 911 and give breaths - it can save a life.



## Avoid using alone

Tell someone before you use and make a plan, or use a virtual service, if you can. Ask the Outreach Team about virtual options!



## Clean your environment

Wash your hands and prep surfaces with soap and water or an alcohol swab before smoking.



## Use proper equipment

Avoid makeshift pipes (like straws or from popcans), which can release harmful fumes or cause injuries.



## Exhale immediately

Holding in the vapour can burn your lungs. Avoid exhaling into another's mouth.



## Replace damaged supplies

A scratched, chipped, cracked or burnt pipe may lead to burns, blisters and cuts, increasing the chance of infections.