



**SAFER**

**INHALING**



# SAFER SMOKING SUPPLIES

Providing sterile smoking supplies can prevent injuries and risks from smoking/inhaling/snorting drugs. These supplies can reduce cuts and burns to the lips and mouth. They also prevent transmission of HIV and hepatitis C.

## Safer smoking supplies include:

- Bowl pipes
- Brass screens
- Straight stems
- Alcohol swabs
- Foil
- BZK wipes
- Straws
- Push sticks
- Mouthpieces

Provide safer smoking supplies in both kits and as individual supplies.



Safer crack smoking supplies

## KITS

Kits include all supplies needed for safer smoking/vaping/snorting. The kit will include items depending on the drugs available in your community and what individuals share that they need. Examples of different kits are: **crack, crystal meth, foil/chasing the dragon, and snorting.**



Safer crystal meth smoking supplies

## INDIVIDUAL SAFER SMOKING SUPPLIES

Individual supplies allow a person to choose the type of supply and amount that best suits their needs.

Drugs most often smoked/vaped are crystal meth, crack cocaine and fentanyl. The transmission of HIV and hepatitis C is possible through smoking/vaping. Blood residue from lips or mouth can transfer to smoking/vaping supplies. Residue is then passed to others when supplies are shared.

Other harms include damage to lungs and other organs. These harms can come from using makeshift pipes from hazardous materials. Materials can include glass fragments, retrofitted pipes or stems, and aluminum pop cans. Makeshift pipes can explode when heated, or under extreme temperature changes.

### Safer smoking supplies include:

**Straight stem** – used to inhale vapours such as crack cocaine. Also called a crack pipe.

**Bowl Pipe** – used to inhale vapours such as crystal meth. Also called a meth, bowl, bubble or pipe.

**Foil** – used to smoke/vape different drugs such as fentanyl, crack, or crystal meth.

**Straw** – used for snorting/inhaling drugs.

**Brass Screen** – placed in a straight stem to keep drugs in place. Screen(s) also keep hot pieces from being inhaled into the mouth/throat.

**Mouthpiece** – placed on the mouth end of a bowl pipe or straight stem for safety.

**Alcohol Swab** – to clean fingers and preparation space.

**BZK Wipe** – to clean hands and preparation space.

**Push Stick** – used to prepare and position screens in a straight stem. Can also be used to remove/scrape drug residue from a pipe or stem.

Other useful harm reduction supplies that could be included are: lighters or tea lights, lip balm, bandages, condoms, lubricant, and resource cards. Additional items can be added to kits based on the drugs in the region, frequency of individuals accessing supplies and knowledge of the community.

When packaging kits, use a variety of BAGGIE COLOURS to quickly differentiate the different kits.

## 1 Sample of a Bowl Pipe Kit

### RECOMMENDED

**Bowl pipes** 2 bowl pipes = 2 units

**Mouthpieces** 4 mouthpieces = 4 units

**Alcohol swabs** 2 alcohol swabs = 2 units

## 2 Sample of a Straight Stem Kit

### RECOMMENDED

**Straight stems** 2 straight stem = 2 units

**Brass screens** 4 packages = 4 units

**Push stick** 1 push stick = 1 unit

**Mouthpieces** 2 mouthpieces = 2 units

**Alcohol swabs** 2 alcohol swabs = 2 units

## 3 Sample of a Foil Kit

### RECOMMENDED

**Foil sheets** 2-4 sheets (foil for putting the drug on to smoke/vape from + foil to make a pipe)

**Alcohol swabs** 2 alcohol swabs = 2 units

## 4 Sample of a Snorting Kit

### RECOMMENDED

**Paper straws** 2 straws (different colours) = 2 units

**Foil sheets** 2 foil sheets

**Alcohol swabs** 2 alcohol swabs = 2 units

# STRAIGHT STEMS

Straight stems are intended for smoking drugs in rock form such as crack cocaine. They are also used for smoking any other drug that produces vapour. When heated, the stem funnels vapour of the drug to the mouth. Always use a mouthpiece (to prevent burned lips), and brass screens.

The mouthpiece is fitted to the end of the straight stem and should not be shared. Brass screens are folded and inserted into the stem to make a tight seal. This is to keep small, very hot pieces of drug from being inhaled into the mouth and throat.

**Using a mouthpiece and brass screens with the stem can reduce the risk of hepatitis B and C and other infections.**



Straight stems are made from Pyrex glass which is resistant to high temperatures. They are intended for smoking/vaping.

Saliva and blood from the mouth can transfer to a mouthpiece. Always use your own. Never share.

Replace brass screens in the pipe when they become loose or are falling apart.

Provide straight stems in both pre-packaged kits and as individual items. There should be no limit on the number of straight stems per person, per visit.



## KEY MESSAGES

### WASH Hands

Always wash hands before handling harm reduction supplies or drugs. If soap and water are not available, use BZK wipes or alcohol swabs. Use a new BZK wipe or alcohol swab to clean the drug preparation surface.

### AVOID Sharing

There is evidence that hepatitis B and C, pneumonia and tuberculosis can be passed to others when inhalation equipment is shared.

### DON'T Modify

Self-made stems are not safe to use. Modifying the stem in any way increases risk of lip and mouth injury and burns. Retrofitting a straight stem can compromise the glass. It increases the risk of breaking or blowing-up in your hand.

### NOT Scratch Resistant

Always use a wooden push stick for packing screens or removing them. Other items can scratch or damage the glass, weakening it. This could make the stem break or shatter when exposed to heat.

### AVOID Damaged Stems

Throw away and do not reuse a stem that is broken, cracked or has visible blood droplets.

### DISPOSAL

Used straight stems should be disposed of safely. Please see [page 90-91](#) for information on safe disposal.



#### Replace a straight stem when:

- The stem was used by someone else
- The stem is scratched, chipped or cracked
- The stem is burnt
- Even the smallest trace of blood is on it

**Discourage use of self-made pipes or retrofitted straight stems. They can increase risk of injury and burns.**



#### Try this line:

**"If you can, always use a glass stem from a harm reduction program. They are resistant to high heat and harder to break and chip."**

# BRASS SCREENS

Screens block hot particles from being inhaled into the mouth and throat. The mesh allows drug vapour to flow through. The most common drug used in the straight stem with screens is crack cocaine.

Brass screens are a safer and better quality choice than using household items such as Brillo®. Household items can have chemicals which, when heated will be inhaled. They can also shrink and break apart when heated and damage the inside of the mouth or throat if inhaled.

Brass screens hold drugs in place in a straight stem. Screens are folded and positioned in the stem using a wooden push stick.

Using Brillo® or other types of steel scouring pads is a very unsafe and harmful practice. Small bits of the steel wool can break off and be inhaled while smoking crack. Deeper inhalation or ingestion of the steel shards can burn the airways and anywhere along the route to the stomach.

### Some suggestions to offer individuals who may not be ready to change from using Brillo®:

- 1 Place a brass screen over the mouth end of the straight stem. Then fit a mouthpiece over the top of it making it snug and secure. This is an added layer of protection from having broken pieces of Brillo® inhaled into the mouth/throat.
- 2 Wrapping a brass screen around the Brillo®.
- 3 Packing brass screens in the pipe. Then putting Brillo® closest to the drug.



Screens are made of thin, brass metal sheets. They are highly heat resistant, pliable, and have no chemical coating. They allow for inhalation of drug vapour. Five screens are in each packet.

### Screens are for personal use and should not be shared.

Provide screen packets in both pre-packaged kits and as individual items. There should be no limit on the number of screen packets per person, per visit.



## KEY MESSAGES

### WASH Hands

Always wash hands before handling harm reduction supplies or drugs. If soap and water are not available, use BZK wipes or alcohol swabs. Use a new BZK wipe or alcohol swab to clean the drug preparation surface.

### New EVERY TIME

Use new brass screens each time when smoking drugs. Used screens can shrink or shred allowing them to become loose in the stem. If loose, they could be inhaled into the mouth or throat. Always make sure screens are packed tightly.

### Push STICK

#### Use a push stick to help:

- Mold the screens
- Pack the screens
- Remove the screens

The wooden push stick is less likely to scratch or damage the straight stem than other materials.

### Different METHODS

There is no 'one way' of packing screens. Try different styles of packing until you find one you prefer.

### DISPOSAL

Used screens should be disposed of safely. Please see [pages 90-91](#) for information on safe disposal.



#### Try this line:

“You asked why use brass screens instead of Brillo®? Well, brass screens are far safer to use. They can help prevent burns to the throat and mouth. And they are not coated with potentially toxic chemicals.”

STEP-BY-STEP  
GUIDE

See next page



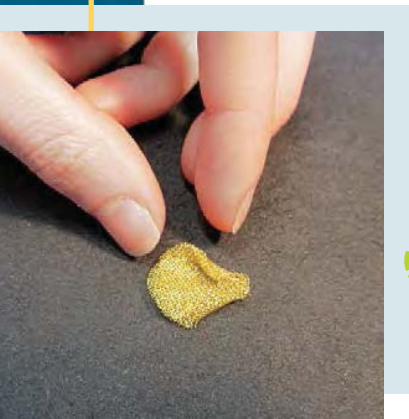
# BRASS SCREENS

This is one method of folding screens for a stem pipe.



- 1** Always wash hands and prep area with soap and water, BZK Wipes or alcohol swab.

Remove screens from packet.  
Stack screens together and fold in  
one side of the stack of screens.

**2****3**

Use thumb to fold in  
the other side so the  
stack of screens has  
a cone shape.

## STEP-BY-STEP GUIDE



4

Roll screens into the middle with the folded sides facing inward.

Press together tightly.

5



6

Insert screens into the stem. Place the stem on prep work space and push the screens down with a wooden stick so they are tightly packed.

Push the screens about 1cm into the stem to allow room for the drug.

7



# BOWL PIPES

Bowl pipes are used for smoking crystal methamphetamine. They are also used for other drugs that produce vapour when heated. The crystals (or other drug) are placed in the bottom of the bowl. A lighter is held beneath the bowl to heat the drug to a vapour.

**Always use a mouthpiece on the bowl pipe.** While pipe sharing is a common practice with people who smoke crystal meth, it is not encouraged. Blood and saliva can remain on the pipe and bacteria or viruses could be shared. Smoke safer by using a personal mouthpiece.

Handing out bowl pipes is a chance to engage with people. By providing harm reduction supplies and education (e.g. safer sex), it opens the door to build relationships.

**Some people retrofit the shape of the bowl pipe. This can increase risk of cracks and breakages by compromising the integrity of the product.**

**IT IS SAFEST TO USE THE PIPE AS IS.**

**Replace a bowl pipe when:**

- The pipe has been used by someone else
- The pipe is scratched, chipped or cracked
- The pipe is burnt

**Bowl pipes have been known to be sold on the street for financial gain. Programs will need to determine if that presents a problem in their community and how to address it.**



Bowl pipes from harm reduction programs are made from Pyrex glass which is much less likely to shatter than regular glass when heated. They are individually wrapped in a foam envelope to prevent breakage.

Provide bowl pipes both in pre-packaged kits and as individual items. There should be no limit on the number of bowl pipes per person, per visit.

## KEY MESSAGES

### WASH Hands

Always wash hands before handling harm reduction supplies or drugs. If soap and water are not available, use BZK wipes or alcohol swabs. Use a new BZK wipe or alcohol swab to clean the drug preparation surface.

### ALWAYS Use a Mouthpiece

Remind people of the importance of using a personal mouthpiece. For safety and health, don't share your mouthpiece.

### SAFER Sex Education

Provide safer sex information with bowl pipes to reduce the risk of infections and transmission of blood borne viruses.

### SAFE Use

Using bowl pipes from your harm reduction program can help reduce:

- Transmission of hepatitis B and C, pneumonia and tuberculosis (from sharing pipes)
- Injury and burns from using self-made pipes

### Repeated USE

The pipe becomes unsafe to use when:

- It is damaged
- It has been used by someone else
- It is burnt

### AVOID Damaged Pipes

A bowl pipe that is cracked, broken or has visible blood droplets should be thrown away and never used.

### OVERDOSE from Smoking

Overdose is possible when smoking drugs. Learn to recognize the signs of an overdose. Don't use alone.

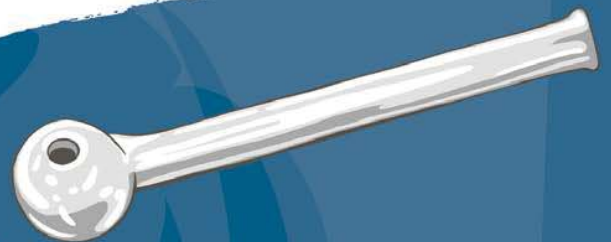
### DISPOSAL

Used bowl pipes should be disposed of safely. Please see [pages 90-91](#) for information on safe disposal.



#### Try this line:

**“If you notice that the pipe is chipped or cracked, don't use it. Grab a new one instead.”**



# MOUTHPIECES

The mouthpiece is a short vinyl tube that fits tightly on the end of a straight stem or bowl pipe. It protects lips from having direct contact with hot glass. If not shared, mouthpieces can reduce the risk of transmitting bacterial infections and blood borne viruses.

Mouthpieces are made from food-grade vinyl tubing. The bowl pipe and the straight stem are slightly different in size. Because of this, there are two sizes of mouthpiece tubing to ensure a secure fit.

**A minimum length of 1.5 inches is recommended, but can be cut to preferred size.**

**Mouthpieces are single use.**

Mouthpieces are for personal use only. They should never be shared. Saliva, phlegm or blood can remain on the mouthpiece. Infection can be transmitted by sharing mouthpieces.



Provide mouthpieces both in pre-packaged kits and as individual items. There should be no limit on the number of mouthpieces per person, per visit.



## KEY MESSAGES

### WASH Hands

Always wash hands before touching harm reduction supplies or drugs. If soap and water are not available, use BZK wipes or alcohol swabs. Use a new BZK Wipe or alcohol swab to clean the drug preparation surface.

### USE NEW

Use a new mouthpiece every time when smoking/vaping drugs.

### Longer Mouthpiece = LESS RISKS

The longer the mouthpiece, the less chance debris will reach the mouth and burn the throat. A minimum length of 1.5 inches is recommended, but some might prefer a longer mouthpiece.

### NEVER SHARE

Using a personal mouthpiece every time prevents transmission of HIV and hepatitis B and C.

### ENCOURAGE Mouthpieces

A mouthpiece that is not shared will protect the mouth from:

- Burns from a hot pipe or stem
- Oral lesions (sores in the mouth)
- Infection
- Blood borne viruses

### CAREFUL Removal

To prevent burns to the hands remove the mouthpiece carefully from a hot stem.

### DISPOSAL

Used mouthpieces should be disposed of safely. Please see [pages 90-91](#) for information on safe disposal.



#### Try this line:

**“Hey, you want a bowl pipe or straight stem? Don’t forget the mouthpiece – it goes with it.”**

# PUSH STICKS

Push sticks are used to pack and position screens inside the straight stem. They can also be used to scrape out the resin that remains in the stem after smoking/vaping.

Push sticks are birch wood dowels that will not scratch, chip glass, or lead to stem breakage.

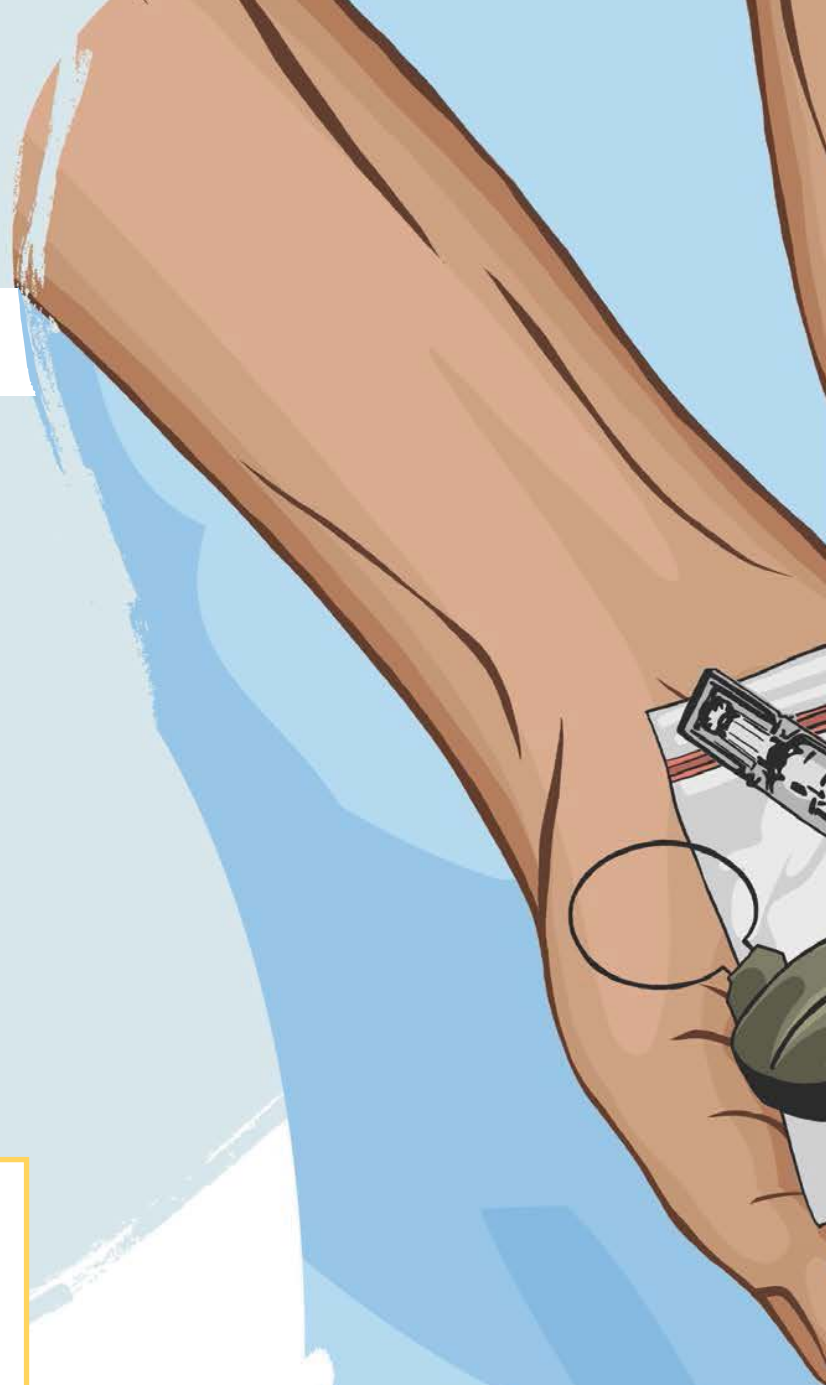


Provide push sticks both in pre-packaged kits and as individual items. There should be no limit on the number of push sticks per person, per visit.



## Try this line:

**"It's safer to use a wooden push stick to pack the screens. A plastic syringe plunger can melt inside the hot pipe. A metal object can scratch or damage the glass."**



## KEY MESSAGES

### WASH Hands

Always wash hands before handling harm reduction supplies or drugs. If soap and water are not available, use BZK wipes or alcohol swabs. Use a new BZK Wipe or alcohol swab to clean the drug preparation surface.

### AVOID Makeshift Sticks

Self-made or makeshift push sticks may scratch or introduce bacteria into the stem. Using a metal object as a push stick can impair the integrity of the glass leading to chipping, cracking, or breaking.

### DISPOSAL

Used push sticks should be disposed of safely. Please see [pages 90-91](#) for information on safe disposal.



### Try this line:

“Hey, if you use these wooden push sticks instead of something else, the pipe will definitely last longer.”



# STRAWS

Paper straws are used for snorting powdered drugs or inhaling vapour from heating drugs on foil. The paper straws are for personal use only. They are made from biodegradable material.

Snorting drugs can damage the membranes in the nose. This can cause it to bleed easily. Inserting the straws in the nasal cavity to snort powdered drugs can contaminate them with blood droplets.

**Straws should never be shared. They may transmit bacteria and viruses that can be passed on to others if shared.**

Makeshift items or plastic straws can cause scratches and tears to the inside of the nose. Using paper straws helps to reduce harms.

People with fine motor impairment might find using straws easier than rolling a foil tube.



Provide paper straws both in pre-packaged kits and as individual items. There should be no limit on the number of paper straws per person, per visit.



## KEY MESSAGES

### WASH Hands

Always wash hands before touching harm reduction supplies or drugs. If soap and water are not available, use BZK wipes or alcohol swabs. Use a new BZK Wipe or alcohol swab to clean the drug preparation surface.

### NEVER SHARE

Always use your own straw to lessen the risk of infection. It will also decrease the chance of spreading infection from bacteria and germs from hands.

### SINGLE Use

Paper straws are single use.

### OVERDOSE

Overdose is possible from inhaling drugs. Never use alone. Always have a naloxone kit when using opioid drugs.

### Keep STRAWS DRY

Paper straws will deteriorate with moisture or humidity. Keep them dry.

### DISPOSAL

Used paper straws should be disposed of safely. Please see [pages 90-91](#) for information on safe disposal.



### Try this line:

**“You know that straws aren’t for snorting only. If you smoke drugs, you can use them to vape as well.”**

# FOIL

Foil sheets are used to smoke/vape drugs that produce inhalable vapours when heated. Smoking drugs this way is called “chasing the dragon.” Many drugs can be consumed by using foil, such as: crack cocaine, crystal meth, brown heroin and pills like oxycodone and fentanyl. Drugs in pill form such as prescription opiates are crushed into a powder before smoking.

Foil is used by people who prefer smoking/vaping drugs. Some use foil when wanting to take a break from injecting to give veins a chance to heal. Some people switch to foil when they want to transition away from injecting to inhalation.

### Switching from injecting to smoking drugs may have benefits:

- reduces risk of transmission of blood borne viruses
- lessens vein injuries
- no missed or wasted hits
- reduces abscesses
- no needle marks

### Smoking drugs from foil can prevent harms associated with injecting. It still carries risks. Smoking drugs can cause:

- heat damage to the throat and lungs from hot vapours
- asthma-like breathing difficulties from smoking drugs and impurities



Foil for smoking drugs is stronger and thicker than general household foil. It is not coated with oil and not texturized.

Foil sheets can be cut into multiple pieces as preferred or folded for a thicker surface.

Provide the foil in both pre-packaged kits and as individual items. There should be no limit on the number of foil sheets per person, per visit.

## KEY MESSAGES

### WASH Hands

Always wash hands before handling harm reduction supplies or drugs. If soap and water are not available, use BZK wipes or alcohol swabs. Use a new BZK wipe or alcohol swab to clean the drug prep surface.

### Keep it CLEAN

A new, clean piece of foil can be used as a safer preparation surface.

### AVOID Sharing

Each foil sheet is single use only.

### Give Veins a BREAK

Switching from injecting to smoking can give veins a break to heal. It helps reduce the risk of infections and abscesses.

### Make a FOIL PIPE

Make your own pipe using foil. Foil pipes are safer than makeshift devices and can reduce the chance of cutting lips.

### NO OIL COATING

This foil was made for smoking drugs. It has no oil coating, so no need to burn it before using.

### Beware of OVERDOSE

Drug overdose is possible when smoking/vaping drugs.

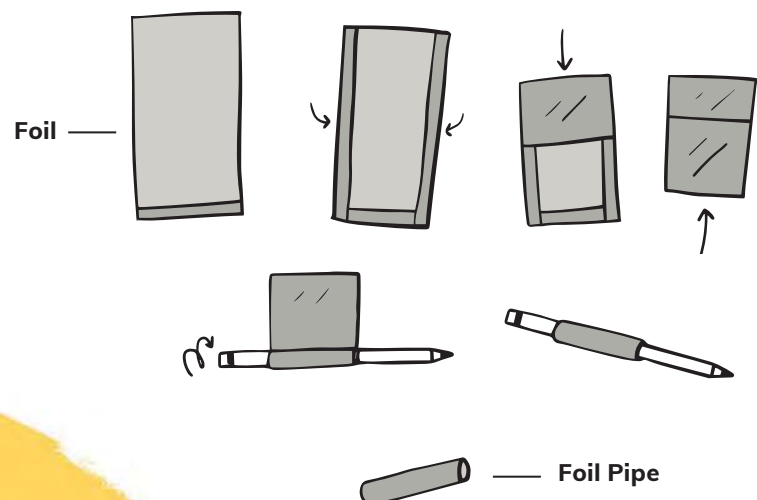
#### It is important to:

- not use alone
- recognize the signs of an overdose
- respond if an overdose occurs

### DISPOSAL

Used foil should be disposed of safely. Please see [pages 90-91](#) for information on safe disposal.

## FOIL FOLDING TECHNIQUE



### Try this line

“Did you know you can make your own pipe out of foil?”

# SMOKING CRACK COCAINE

## USING A STRAIGHT STEM

Crack is made by mixing powdered cocaine with water and another substance, usually baking soda (sodium bicarbonate).

Solid crystals form after boiling the mixture. These crystals are known as crack or freebase cocaine. The rocks are white, cream or light brown colour.

Crack cocaine is in a crystal form. It needs to be heated to produce vapours that are inhaled. It has a low melting point producing crackling sounds when heated. Cocaine powder has a high melting point and makes no sound.

Crack is a smokable and stronger form of cocaine. It causes a greater high with more intense side effects during use and in the 'comedown' or 'crash' phase.

Crack is commonly smoked using a straight stem or from foil. Screens are needed for smoking crack from a straight stem. The screens keep the drug in place and also keeps hot pieces from being inhaled into the mouth.

Crack is usually smoked, but can be injected, snorted or swallowed.

After smoking crack, some of the drug resin will remain on the walls of the stem. You can see the resin better when the stem cools down. Crack resin can be collected by pushing a screen to the opposite side of the stem or by moving it back and forth to scrape the built up resin from the wall of the stem. The screen can be pushed out of the stem and turned round before being reinserted. Screens can shrink after being heated. Add more screens if needed for a snug fit in the stem.



## KEY MESSAGES

### Types of GLASS

Tempered glass (Pyrex) is safer than untempered glass which can shatter and break when heated. This can cause injuries to the lips and mouth.

### Use Proper EQUIPMENT

Using makeshift smoking equipment, such as plastic bottles or cans should be avoided. The hot, jagged surface of these items can cause burns, blisters, cuts and sores. Heating or burning them can release toxic fumes that are inhaled.

### Use BRASS SCREEN

Always use brass screens. Brillo® or other steel scouring pads should not be used. These alternatives are unsafe due to chemicals on them that will be heated and inhaled. They can also cause injuries and burns to the lips and inner mouth.

For those who prefer using Brillo®, a safer method is to place a brass screen over the mouth end of the pipe. Fit a mouthpiece over the top to keep it snug and in place. This will keep pieces of Brillo® and hot drug pieces from being inhaled into the mouth. Another option is to wrap a brass screen around the Brillo® and use them together.

### Using a STRAIGHT STEM

After taking a hit, the straight stem should be put on a non-melting surface with the screen end tilted slightly upwards.

Straight stems can get very hot during heating. Let the stem cool down before taking the next hit to prevent burns to lips, mouth and hands.

### Use PUSH STICKS

Use wooden push sticks instead of metal or needles/syringes to position the screens or scrape the resin. These makeshift devices can chip the stem or cause it to break.

### AVOID Sharing

Never share a personal straight stem. Even small amounts of blood from cuts or burns on the lips can remain on the stem. The blood residue can transmit infections such as hepatitis C.

### REUSING Screens

If you are reusing screens, add more so that the fit is snug in the stem.

### ALWAYS Use a Mouthpiece

If people are sharing their stem with others, remind them to always use their own mouthpiece.

A personal mouthpiece can protect lips from burns and cuts.

### ALWAYS Clean

If reusing your own straight stem, bowl pipe or mouthpiece, always clean with an alcohol swab. This does not make it safe for sharing.

### FENTANYL

Remind individuals that sometimes fentanyl or fentanyl-analogs (similar drugs) are found in crack cocaine. There is no way to tell by colour, taste or smell if the crack cocaine batch contains fentanyl.

### Carry NALOXONE

Encourage everyone to carry a naloxone kit. It is used to reverse opioid overdose only. It has no effect on overdoses caused by other drugs.

### AVOID Using Alone

Overdose is possible when smoking drugs. Learn to recognize the signs of an overdose. Don't use alone.

# SMOKING DRUGS

## USING FOIL

Smoking drugs using foil is also known as 'Chasing the Dragon'. Many drugs can be used this way such as: brown/black tar heroin, crack cocaine, crystal meth, fentanyl and some pills. Drugs in tablet form are often crushed into a powder first before putting them on foil.

Exposing lungs and mouth to any kind of smoke or heated vapour can be harmful. Providing foil may prevent or divert people from injecting.

Foil may help reduce the risks associated with injecting, such as:

- transmission of HIV, hepatitis B and C
- bacterial or fungal infections
- vein damage

### A Method of Using Foil for CHASING THE DRAGON

- 1** Cut or fold the foil to preferred length.
- 2** Place the drug on the foil.
- 3** Heat the bottom of the foil with a lighter (do not touch the foil as it will burn holes).
- 4** The drug will start producing vapour.
- 5** Inhale the vapour using a straw or foil pipe.



## USING FOIL TO SMOKE CRACK COCAINE

### A Method of Using Foil to SMOKE CRACK COCAINE

- 1 Always wash hands before handling harm reduction supplies. Use soap and water, BZK Wipe or alcohol swab to clean hands and preparation area.
- 2 Fold foil in half to provide strength or cut to desired length.
- 3 Place rocks in the middle of the foil while holding the foil between thumb and pointer finger.
- 4 Apply heat from below foil using a lighter. Take care not to touch the foil with the flame. It could burn holes in the foil, and evaporate the drug too quickly.
- 5 Tilt the foil so the liquid runs or slides when the rocks melt to a liquid form.
- 6 Pinch the edges of the foil to prevent liquid crack from spilling over. Crack can slide fast on the foil surface when it becomes liquid.
- 7 The straw or foil pipe is used to follow the vapours as crack slides up and down the foil.
- 8 When using a foil pipe, drug residue will remain on the inside wall of the pipe. Open the foil pipe to use as the next surface using the residue. Make a new foil pipe out of a new piece of foil.





# SMOKING

# CRYSTAL METH

## USING A BOWL PIPE

Bowl Pipes are used primarily for smoking crystal meth. When smoked, crystal meth is absorbed in the bloodstream through the lungs. The effects are usually felt within 2 minutes.

**Using safer smoking supplies from harm reduction programs can decrease the amount of cuts, burns, blisters and sores inside the mouth and on the lips.** These occur more when using makeshift equipment that can increase risk of HIV and hepatitis C transmission. Blood to blood contact can occur when these items are shared.

### A method for

### SMOKING CRYSTAL METH

- 1** Always clean hands before handling harm reduction supplies. Use soap and water, BZK Wipes or alcohol swabs.
- 2** Attach the mouthpiece to the end of the pipe.
- 3** Add crystal meth into the bowl pipe.
- 4** Tap the pipe gently to settle the rocks in the bowl.
- 5** Hold the pipe halfway down the stem and apply heat (lighter) slowly to the bowl.
- 6** Lighter is slowly moved back and forth to distribute the heat evenly.
- 7** Rocks slowly change to liquid creating a vapour.
- 8** Inhale the vapour slowly and exhale immediately. Do not hold the vapour in the lungs. This can burn your lungs and will not give you a better high.

## KEY MESSAGES

### INHALE and EXHALE

Inhale slowly and exhale immediately to prevent burning the lungs. Holding the smoke in the lungs can be very damaging. It makes no difference to the intensity of the drug effect.

### ALWAYS Use a Mouthpiece

Always use a mouthpiece to avoid burning lips and mouth.

### AVOID Sharing

A bowl pipe is for personal use only. Never share. Blood particles with the hepatitis C virus can be passed on from cracked lips.

### Prevent SIDE EFFECTS

Smoking crystal meth can damage lungs and dry out the mouth and lips. Using lip balm after smoking can help prevent lip sores.

### SINGLE Use

All harm reduction supplies are single use. If pipes are being used again, be sure to clean well first with an alcohol swab.

### Use Proper EQUIPMENT

Using makeshift equipment can cause cuts, burns, blisters and open sores on the mouth, lips and gums.

### Encourage EATING

Encourage people who smoke crystal meth to take vitamins and eat something before they smoke. Crystal meth is an appetite suppressant and most people will not feel hunger after smoking. When coming down, eating will help with sleep.

### Stay PROTECTED

Crystal meth is associated with more risky sex. Encourage people to carry condoms to avoid having unprotected sex while being high.

### AVOID Using Alone

If possible, smoke in a safe place with trusted people.

### OVERDOSE Risk

Overdose from smoking crystal meth is possible. Individuals should know how to recognize signs of overdose and how to respond.

### DISPOSAL

Used safer smoking supplies should be disposed of safely. Please see [pages 90-91](#) for information on safe disposal.



# USING FOIL TO SMOKE FENTANYL

Smoking is a common way of using fentanyl. Fentanyl comes in many forms: rock, pills, powder, and transdermal patches. Fentanyl can be mixed with drugs such as heroin, crystal meth, or cocaine. The high from injecting or smoking fentanyl is felt almost instantly. Depending on the form, different methods may be needed to prepare it for smoking.

## Some common methods of smoking fentanyl include:

- Pills: crush the pills into a powder and heat the fentanyl on foil. Inhale the vapours.
- Powder: heat the fentanyl powder on foil. Inhale the vapours.
- Rock: break some of the chalky pieces off and heat it on foil. Inhale the vapours.
- Patch: stick the patch on the foil and heat it to transfer fentanyl to the foil. Remove the patch, heat the residue and inhale the vapours.

## KEY MESSAGES

### CUTTING

Fentanyl in powder form comes in different colours. These variations in colour typically comes from substances used to dilute it, also known as “cutting.” This form is incredibly dangerous because there is no way to determine its true potency.

### Uncertain DOSE

Cutting fentanyl patches and smoking smaller pieces can lead to very uncertain and fast release of fentanyl. Fast release of fentanyl leads to fast increase in fentanyl levels in the blood. It makes it hard to control the dose and can cause an overdose if the dose is too high.

### Fentanyl acts FAST

Using slowly allows time for the body to adjust. This can prevent taking too much at once.

### RE-DOSING

The initial very intense high is typically followed by a more lucid feeling. That doesn't mean the fentanyl has left the system. “Re-dosing” right away could lead to an overdose.

### OVERDOSE Risk

Fentanyl and its analogues are much stronger than any other opioid. Because of its almost instant effect when smoked, margin for error is low. Very small doses can lead to an overdose.

### Recognize SIGNS of Overdose

Learn how to recognize and respond to an overdose.

### Carry NALOXONE

Encourage everyone to carry a naloxone kit. It is used to reverse opioid overdose only. It has no effect on overdoses caused by other drugs.

### AVOID Using Alone

Remind people to avoid using alone and always have naloxone on hand. If possible, suggest they have a plan for a friend to check in on them.

### A Method of Using Foil to SMOKE FENTANYL

- 1 Cut or fold the foil to preferred length.
- 2 Place the fentanyl (powder, rock or patch) on the foil.
- 3 Heat the bottom of the foil with a lighter (do not touch the foil as it will burn holes).
- 4 Fentanyl will start producing vapour.
- 5 Inhale the vapour using a straw or foil pipe.