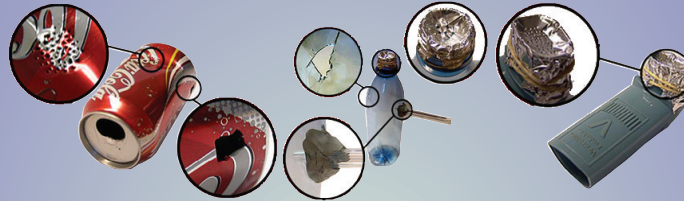


# PIPE SMOKERS DO'S AND DON'TS



- **Don't** use plastic bottles or can's, think about switching to glass or metal pipes, to avoid inhaling ash, dust or water into the lungs. Also it's easier to smoke or scrape out the last smidgen.
- **Do** use your own pipe and **never share pipes**, to avoid virus transmission i.e. Tuberculosis & Hepatitis. Plus **individualize** your pipe to avoid getting equipment mixed up. **Paint, scratch or burn your initials on.**



- **Do** use glass pipes that can be purchased in some Head/tobacco shops. Or use **Pyrex Stems** – compared to conventional glass, they are stronger and less likely to break.

- **Always** carry your own insulated **mouthpiece** (a four-inch rubber tube) or a thick rubber band that can be wrapped around the smoking end of the pipe. This will prevent exposure to broken or hot pipes and protect your lips.



- **Do use** a **Wooden push stick** (Coffee stir sticks from newsagents, chop sticks, wooden BBQ skewers, long safety match) used to position the filter or copper screen inside of stem. Wooden push stick won't chip the pipe.
- **Do use** Alcohol swabs to clean equipment i.e. pipes, mouthpiece.
- If glass pipes are not available, **adapt a miniature spirit bottle** that has a dimple in the end, in which a hole is made. A metal tube such as a car aerial is placed in the neck of the bottle, copper wire is placed in the exposed end of the tube and crack is placed on copper wire.

- Touch flame to shooter quickly instead of leaving it there, move fire along shooter to spread out heat.
- **Do** let pipe cool down before taking next hit, to prevent cuts, burns to lips and hands.
- If you have a cut or burns do not share a pipe with anyone.
- Remember you can use a new condom for blow back smoke that has already been inhaled, simply un-roll the condom then once you take your hit blow the smoke into the condom and seal it as you would a balloon. This smoke can then be re-inhaled later.



**ALL MATERIALS FOUND IN IRELAND**

## INJECTORS / SPEEDBALL NOT RECOMMENDED HIGH RISK OF OVERDOSE



- **Don't** inject alone. Overdose is most linked to injecting, **so always use in a group where others can watch for signs of overdose.**
- Ensure you have sufficient amounts of injecting equipment **“One kit for every hit”** Inform/explain to your Needle Exchange staff your drug of choice.
- **Do** rotate injecting sights; give your veins a chance to heal.
- Injecting cocaine anaesthetise/numbs the injecting sight leading to tissue damage and increased risk of abscesses from missing the vein. So you're less likely to respond to pain from damaged veins, abscesses etc.
- Missed hits will leave a lump. If lump doesn't go away or gets worse, see a doctor. **High Risk of Deep Vein Thrombosis from Groin injecting.**
- Use as little citric acid as possible, too much will damage veins.
- **Do wash hands** before you inject plus use swabs.
- **Do understand that Hepatitis and HIV can and are spread by sharing equipment.**

- **Only use** needles once and make sure you get enough equipment to last you between visits to your needle exchange.

- **Identify** your equipment to avoid getting them mixed up (colour caps)

- Always use sterile water and clean filters.



- **Always dispose of your works safely.** Return syringes, barrels and spikes and ask for a sharps bin (**sin bin**) when you are in local needle exchange.

## “TRY AND SWITCH TO NON-IV USE SUCH AS FOIL SMOKING (CHASERS)”



- **Make sure that the foil you are using is uncoated aluminium; you can get it in your needle exchange. If not burn foil before placing crack on it.**
- Break up the rock a little before burning and don't put too much in the foil.
- **Do** use new foil for every use.
- **Don't** share your tooters

**PERSONALISE AND INDIVIDUALISE YOUR OWN KIT**

# OVERDOSE

Look after people who have overdosed in the same way you would want them to look after you

- Overdoses on crack/cocaine are more likely to lead to heart attack or fits. **So while your waiting for the Ambulance.** What you should do depends on their appearance and behaviour.
- **First Always Call an Ambulance**
- If they are overheating: cool them down by removing outer clothing and fanning them. Don't give them anything to drink or eat.

## Call an Ambulance

- If they are fitting: prevent them from hurting themselves.

## Call an Ambulance

- If they have chest pain: sit them up.

## Call an Ambulance

- If they can't be woken (by poking them on chest and calling their name) or their face or lips turn blue or they have trouble breathing.

## Call an Ambulance

Always put a collapsed, unconscious person in the recovery position.

## THE RECOVERY POSITION

Put the right hand by the head (as if they were waving)



Put the left arm across the chest, so that the back of the hand rests against the chest.



Hold the hand in place and lift up the left knee.



Turn them on their side by pushing down on their knee.





## HOW CAN I REDUCE THE HARM?

Drink plenty of Fluids, Juice, Water, energy drinks; drink non-alcoholic fluids whenever you can.

EAT-EAT-EAT before using you never know when you'll eat again. Nutrition is important.

Take a vitamin. Extra vitamin C is a plus!

Take care of your veins. Always rotate your injecting sight; also use an anti septic ointment on the sight.

Get help if you have painful, swollen and or dead leg. It may be DVD (Deep Venous Thrombosis).

Avoiding mixing with other drugs, including medication and alcohol.

Use in a safe environment with people you trust.

Have something to "play with in your hands" to avoid compulsive skin picking.

Chew gum to stop chewing the insides of the mouth or grinding teeth.

Mind your lips, use lip balm.

Always use a condom to practice safe sex, oral, vaginal and anal. As Hep C and HIV can be spread via cuts and burns on the lips and mouth.

## MONEY MANAGEMENT

**SPENDING ALL YOUR MONEY ON CRACK COCAINE?,  
TRY SOME OF THESE PRACTICAL SOLUTIONS.**

- **To avoid spending all your money on a weekend binge why not put some money in an envelope and post it to yourself on Friday it will be back to you on Monday.**
- **Ask family members to hold some money for you.**
- **Don't bring all your money with you when you go to score.**
- **Remember you can take control of the amount you use.**
- **Calculate how much you spend in a week, month and then a year. Would it be enough to buy a bike, car or a house?**

**"REMEMBER DEALERS MAKE  
MONEY WHEN  
USERS LOSE  
CONTROL".**

## THE EFFECTS AND DANGERS OF CRACK/COCAINE

### **SHORT TERM**

Increased energy & alertness    Increased sex drive  
Risk taking behaviour    Recurring chest infections  
False sense of confidence    Euphoria  
Decreased need for sleep    Compulsive behaviour

### **LONG TERM**

Nervousness & suspicion    Compulsive behaviour  
Chronic bronchitis    Headaches    Anxiety    Depression  
Suicidal thoughts    Heart attacks    Physical exhaustion  
Sweating    Hallucinations    Teeth grinding    Irritability  
Asthma    Strokes & involuntary body movements  
Aggression & Moodiness    Loss of sex drive  
Breathing difficulties    Kidney & Liver problems

## **TUBERCULOSIS**

- If smoking indoors, make sure window or door is open.
- Rooms with no fresh air are risky for TB. (On the rise)
- Cover your mouth when coughing and ask others to do the same.
- If having problems breathing or coughing up blood, slow down or stop smoking. See a doctor if it continues.
- Signs of TB: Fever, Tiredness, Weight loss, Chest pain, Coughing a lot, Coughing Blood or phlegm.

## CRACK/COCAINE & ALCOHOL

- When alcohol is used with crack or in order to curb the side effects of crack use (The Crash) the two drugs combine in the liver to form a new substance coca-ethylene. This is very toxic to the liver and this is a longer acting substance that places far more strain on the heart.
- There is increased risk of overdose when combining drugs in this manner.
- There is also increased tendency towards violent behaviour when the two drugs (Cocaine & Alcohol) are combined.

### **H.I.V** (Human Immunodeficiency Virus)

**HIV** is a virus that attacks the body's immune system. It is passed through body fluids (Blood, Semen, Vaginal Fluids, and Breast Milk) transmitted via unprotected sex, vaginal, anal and oral. Blood to blood contact, through sharing contaminated injecting equipment and blood transfusions, Mother to Child, in the womb, during birth, breast feeding.

### **HEPATITIS B AND C**

Hepatitis B and C are viral infection that affects the liver. Hepatitis B is transmitted through sexual contact, mother to child at birth, sharing drug injecting/snorting equipment and blood to blood contact and bodily fluids.

Hepatitis C is transmitted through blood to blood contact i.e. sharing injecting/snorting equipment. Sexually – blood needs to be present.

## **H.I.V. / S.T.I AND HEPATITIS TESTING**

**The Guide Clinic, St James Hospital, Dublin**  
PH: 01 4162315

**The Mater Hospital, Dublin,** PH: 01 8032063

**The Well Women Clinic, Dublin,** PH: 01 8728051

**CHRYSALIS COMMUNITY DRUG PROJECT,  
DUBLIN 7**  
**PH: 6705544**  
**WWW.CHRYSALISDRUGPROJECT.ORG**

### ***NEEDLE EXCHANGE TIMES***

**Merchants Quay Project, D 8.**  
**Mon – Fri** = 10-12:45pm / 1:45- 4:30pm

**Summerhill Health Centre, 90 Summerhill, D1.**  
**Tues** = 2:15 – 4:30pm

**North Strand Health Centre, North Strand, D 1.**  
**Fri** = 2:15 – 4:30pm

**Clancy Night Shelter** (Residents Only)  
**Tues** = 7 - 8:30 / **Fri** 7 – 9:30pm

**Dublin Simon, Emergency Out of Hours **Needle Exchange,****  
**Mon-Fri** = 5pm – 10:30 **Sat-Sun** = 4pm – 10:30 PH: 8720185

## **USEFUL NUMBERS**

**Cocaine Anonymous,** PH: 087 317 4989

**Narcotics Anonymous** PH: 086 8629308

**Ana Liffey Drug Project,** 48 Middle Abbey St, Dublin 1.  
PH: 878 6899

**Saol Project,** 58 Amien St, Dublin 1.  
PH: 8553391

**Merchants Quay Ireland,** 4 Merchants Quay, D 8.  
PH: 679 0044

**Fast** (Finglas Addiction Support Team) St Helena's  
Resource Centre, St Helena's Rd, Finglas.  
PH: 811 0595

**Dublin Aids Alliance,** 53 Parnell Square West, Dublin 1.  
PH: 873 3799

**Community Response,** 14 Carmen's Hall, Dublin 8.  
PH: 4536615

**St Vincent's Psychiatric Hospital,** Richmond Rd,  
Fairview, Dublin 3. PH: 8842 01

**UISCE** Union for Improved Services, Communication and  
Education. 53 Parnell Square West, Dublin 1.  
PH: 873 3799



# FANCY CHANGING YOUR CRACK USE?

## TRY USING A DRUG DIARY

A Drug Diary is a great way for you and your Key Worker to discuss your crack use. So, why not keep tabs on how much you really use by keeping a Drug Diary?

How much Crack do you use daily or weekly?  
How much cash is spent on crack?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							