



**A Radical
Guide To
Safer
Drug Use**

- DMT: use a torch lighter if you can! Have a friend that can hold the pipe as you exhale. Be prepared to slump back and an isolated place is recommended. A second hit will not be effective due to immediate tolerance spike. Wait a day or 2.
- DO NOT LICK THE TOAD!!!! Toads are friends not drugs.
- Author anecdote: reading others experiences is informative but do not let these shape how you intend to trip. Have an activity like water color ready but do not form an itinerary: **be open**. Anxiety is common on the come up but you'll get through it!

* * *

When someone is unconscious, make sure to check a pulse before starting CPR.

There are a few ways to check for a pulse, but the easiest ones are usually: carotid pulse (side of the neck under the jaw), and radial pulse (wrist).

Place your index and middle finger together and press on the neck (or wrist, but neck might be an easier find) for a few seconds and see if you feel a pulse, even if faint. If no pulse, start CPR immediately! Seek a full CPR guide.

It is useful to monitor CPR regularly to see if someone is declining. You can count heart rate up to a whole minute or you can count for 10 seconds and multiple by 6. This applies for respirations too, but count for about 20 seconds and multiply by 4. Observe chest rise and fall and put the back of your hand on their chest to feel if you cannot see it.

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Dancesafe.org (where I plagiarized a lot; there's also useful info on other drugs like nic, which isn't harm free just because you're vaping instead of cigs)
erowid.com



- The high is constantly chasing and longer term, regular use can result in twitching, stuttering, and muscle spasms.
- Meth is highly addictive
- Can often trigger underlying mental conditions.
- Since it is long lasting, sleep deprivation is likely. Psychosis and paranoid delusions are results of lack of sleep.
- Psychosis can last weeks or months.
- Author anecdote: just about every drug I've done has usually been cut with meth. I've tested with reagents and know the feeling. It's very common.

Psychedelics

- Mushrooms, DMT, LSD, and more. Each drug and other psychedelics are powerful drugs that require care and caution in planning to do them. Seek more in depth guides and related safety but some tips will be covered here.
- Always have a sober trip sitter. Look for a guide for a trip sitter. A trip sitter should be someone you deeply trust. People undergoing a psychedelic trip require care and the possibility of a trip going bad (bad trip).
- Where you trip is important. Pick a comfortable place where you feel safe and secure, where the world is in your control versus where you feel at threat. Expect acid trips to last 12+ hrs.
- Mental health is important before you trip. You should be sound of mind or expect being depressive/anxious to lead to the possibility of a bad trip.
- Do not combine DMT with MAOIs. Psychiatric medication and psychedelics generally do not mix well otherwise.
- Ego death feels as if the person is dying. It is a transformative experience but not an easy one to get through.
- LSD: if it's bitter, be a spitter. Tabs/drops should not be bitter and have no taste. Bitter tabs indicate a toxic substance.
- Mushrooms: perform a lemon tek to reduce nausea.

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Important note:

The information included in this zine comes from a variety of harm reduction resources unadulterated and includes other personal anecdotes that should not be considered universal, therefore including the recommendation to call 911 in the event of an overdose. Any calls to emergency services may expose people to police, who are likely to make the situation even more dangerous for the person OD-ing. There is no perfectly safe way to ask for help in a society that injects police involvement into all of our emergency services. However emergency medical administration is essential and often the only line between an OD and death. You will have to make a decision that corresponds with your ethics and your acceptance of risk if you are in a situation where calling emergency services is one of very few options at your disposal. We make a few recommendations in such a situation later on which are not legal advice nor cause any delay to your decision. We hope whatever decision you make keeps you safe and healthy. Dosages required for an overdose are not stated as they vary greatly on batch and person. Please research and safely dose your drugs. Start slow and pace yourself! Sometimes all it takes is one pill. Love and Solidarity, Brittlebush Distro
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Dead people can't get clean

"Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. Harm reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs. Harm reduction incorporates a spectrum of strategies that includes safer use, managed use, abstinence, meeting people who use drugs "where they're at," and addressing conditions of use along with the use itself. Because harm reduction demands that interventions and policies designed to serve people who use drugs reflect specific individual community needs, there is no universal definition of or formula for implementing harm reduction."
- From Harmreduction.org

The solution is clear: decriminalization of all drugs, providing safe injection sites, expanded education, and abolishing for profit medicine could reverse the addiction and overdose epidemics we are currently faced with. These are simply proposed, less easily administered solutions that are radical but common sense as countries the world over are experimenting. The so called united states continues it's war on drugs nonetheless. A long conquest over those that use drugs and incarcerating minority communities. We see with Fentanyl scares where cops claim being in the same room is death and media fearmongering. The feds are exploiting and creating crisis to expand police control. The DEA has received increased funding which will only further criminalize a problem that isn't solved by prison.

Harm reduction is caring for one another in light of this. Our projects are to destigmatize and *reduce harm*. Educating each other and providing safer resources is essential care. We don't want to see our loved ones succumb to what was preventable.

MDMA

- Also called Molly, Ecstasy.
- Bring gum or a good baby pacifier! Teeth grinding and lock jaw are extremely common. Stay hydrated! It's easy to forget gum but it should be brought along in environments where people roll.
- Total duration is about 3-5 hours. Effects are felt within 20 to 40 minutes.
- Most pills only require a quarter to a half to have a euphoric experience.
- MDMA increases core body temperature: overheating is a serious risk. Fans are valuable in large crowds.
- Drinking too much water or too little can lead to death. Moderate consumption to a healthy amount. Electrolyte powder is useful.
- Rolls are best spaced every 3-6 months, as serotonin needs time to replenish. Taking too frequently can develop permanent tolerance.
- 5-HTP can be taken 8 hours after a roll to help reduce the symptoms of serotonin syndrome, "post roll blues."
- Author anecdote: I usually make molly water by vigorously shaking a bottle of water with a pill in it and consume slowly. Helps ease into the roll for me and can share with others. There is a sense of not being aware of "being high" even while my teeth grind and my eyes roll back.

Meth

- Meth increases blood pressure, heart rate, and body temp. Dehydration, overheating, teeth grinding, jaw clenching, and sometimes itching.
- A light dose is 5-10mg, common is 10-30 mg, and strong is 30-40mg. Meth can be administered in a large variety of ways.
- Taking meth orally lasts the longest at up to 7-12 hours.

Ketamine

- Dissociative anesthetic, used in human and veterinary medicine.
- Produces a trance like or floaty feeling. Effects last 40-60 minutes. People return to baseline after about 1-2 hours.
- A k-hole is an out of body experience, which can be frightening or spiritual.
- Small bumps are taken at 30-60mg, and effects come on in 5-15 minutes. K holes can be reached at 100mg.
- Long term use of ketamine can lead to ketamine cystitis, where the lining of the bladder is damaged.
- Ketamine being sold as S/R ketamine is usually just a marketing plot.

Author anecdote: K-holes feel like the world flowing around you. Mix with poppers for a good time. Be careful in mixing with depressants! I take smaller bumps over time.

Cocaine

- Regarded as one of the most addictive substances
- Confidence, alertness, talkative, euphoria.
- Bumps/lines peak after about 15-30 minutes and last up to 60 minutes.
- Converted to crack and smoked for much more intense highs.
- Tolerance builds very quickly even over a session.
- Comedowns lead to compulsive redosing.
- High or frequent doses of cocaine can damage the heart and blood vessels, causing strokes, aneurysms, and heart attacks. Some people have sudden cardiovascular side effects when using cocaine at lower doses.
- Cocaine causes a sudden increase in heart rate, blood pressure, and body temperature. Combining cocaine with exertion and/or other stimulants may cause overheating, arrhythmia (uneven heartbeat), and hypertension.

Common drug classes

Opioids/Opiates/Narcotics are widely available medical prescriptions, manufactured illegally, and taken orally or intravenously most commonly. Some drugs include: hydrocodone, morphine, oxycodone, codenine (lean), fentanyl, heroin.

OD symptoms: decreased respirations (<7), pinpoint pupils, unconsciousness, cyanosis (turning blue). Narcan administration temporarily reverses the effects. Those that've OD'd are at risk of choking on vomit and should be placed in recovery position (see next page), and will need help with CPR. Having a CPR mask is valuable. If there is no heart rate, immediately begin CPR.

Sedative-Hypnotic drugs include benzos, ketamine, xanax, valium. People often become drowsy and blackout on high doses. Rohypynol is referred to as 'roofies' but other drugs in this class are used as date rape drugs too. Use precaution in recognizing when someone isn't acting right and monitoring your drinks in these settings. (Bars and clubs primarily)

Sympathomimetics/Stimulants cause increased blood pressure and heart rate and dilated pupils. Users become excitable/agitated. Amphetamine/meth, cocaine, caffeine, MDMA, PCP. Sweating and extreme BP/HR, hyperthermia, seizures, are signs of overdose. Can feel like intense anxiety.

Hallucinogens include LSD, mescaline, Ketamine, marijuana, and mushrooms. Some drugs in this class can develop dependence (addiction) and OD, contrary to common belief.

Inhalants displace oxygen in the brain and cause a rush like feeling. Acetone, xylene, glues, cleaning components, sprays. Long term use can lead to brain damage. Drowsiness, coma, and seizures are signs of OD.

There are more distinctions in drug classes. It is important to recognize effects but do not speculate on what was taken.

*Generally, uppers and downers refer to raising or lowering excitability

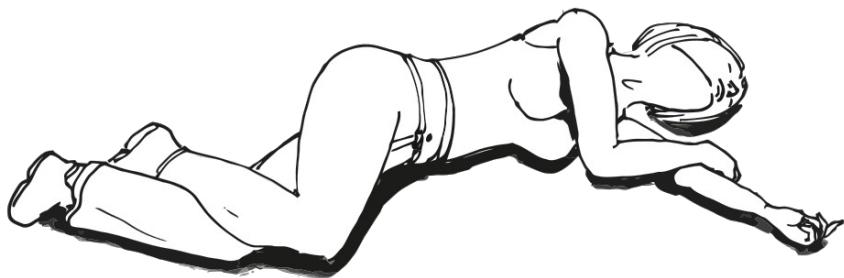
Passing out

<https://dancesafe.org/why-did-they-pass-out/#1664379456937-8967ab77-1529>

Heat, stress, panic, low blood sugar, dehydration, pre-existing conditions are the most common reasons why people lose consciousness at shows. Drugs can increase the risk of or be the cause of passing out. Fan the person and **only** give liquids/snacks if they are **alert and can swallow**.

Overdoses occurs when a dosage is too high. Any drug can affect two people differently, and it can affect someone differently each use. **The same dose of the same drug under different circumstances can have different results each time!** Especially when it is a separate batch of drugs, or enough time has passed that tolerance reduces. This varies for every drug. The most common form of overdose at events is alcohol overdose (poisoning). **Depressant overdoses** look like: slowed breathing, slowed/stopped heart rate, slurring and uncoordinated movement if awake, cyanosis (blue tint) which is a sign of oxygen deprivation.

Just because someone is passed out does not mean an OD occurred. Breathing and heart rate should be assessed and context clues used. It is never a bad idea to administer narkan or call for medical help if you are unsure. Initiate CPR if there is no heartrate or breathing. **This is not an indepth medical guide so please consult AHA guidelines for CPR**, see short guide for taking vitals on last page. Also take a course to get certified! Danger: HR < 50/60 & Breathing less than 8 times per minute. **Unconscious people should be placed in recovery position (below) and checked for vomiting so they do not choke!**



Poppers

- “Poppers” is a slang term for a class of chemicals called “alkyl nitrites” or simply “nitrites.”

- Because poppers relax muscles in the anus and vagina, they are sometimes used during sex to facilitate penetration.

- A “rush,” described a pleasurable euphoria. Many users report dizziness and feeling the room is spinning.

Poppers are usually inhaled by holding one nostril and gently breathing in air that’s wafted from the bottle, then holding your breath for a few seconds before exhaling.

Many people develop a headache after 2-4 inhalations, which is a good indicator to stop.

It’s advised to alternate nostrils between inhalations.

Putting the bottle too close to your nose can get the liquid on your skin, causing burns.

The exact contents of these products are not known, and they are not safety tested.

Swallowing the liquid in the bottle is extremely dangerous and can be fatal. If it happens accidentally, call 911 or Poison Control.

Poppers are highly flammable. Keep away from cigarettes, candles, and lighters.

Poppers pose extra risks for pregnant people and people who have heart problems (like arrhythmias), abnormal blood pressure, a history of cerebral hemorrhaging, or anemia.

Since both poppers and stimulants (like amphetamine or cocaine) increase heart rate, mixing them can increase the risk of overheating or heart and blood pressure related issues. Do not combine with viagra! This leads to massive drops in blood pressure.



Try not to do nitrous alone. It is possible to lose consciousness (“fish out”) briefly while under the influence of nitrous.

Never inhale nitrous directly from the whip-it canister or cracker. Compressed nitrous is stored under high pressure and a freezing temperature, which can cause severe damage to the lungs and burns to the throat and lips. Always dispense the gas into a balloon or canister before inhaling.

If using many whip-its in a row, it’s wise to wear gloves or wrap a sock or scarf around the cracker to prevent frostbite on your fingers.

Regular (chronic) and/or high-dose (acute) nitrous use can cause long-lasting numbness in the extremities and other neurological problems as a product of B12 vitamin depletion. This is called neuropathy, and it’s especially dangerous for people who already have low levels of vitamin B12. Doing too many doses in a row can cause acute neuropathy.

Some people use nitrous compulsively, given its short duration of action and intense dissociating effects. Monitor your relationship with nitrous and set limits on your use. **Avoid using nitrous several days in a row, especially for an extended period of time.**

It is popularly believed that supplementing B vitamins can allow you to do nitrous all the time, which is not the case. You’re still at risk of neuropathy because nitrous disrupts your body’s ability to process B12.

Larger-sized cylindrical tanks can be medical grade, food grade, or auto grade. Auto grade nitrous contains contaminants that should not be inhaled by humans.



Narcan administration

Narcan can only be *effective* in event of an opioid overdose. If you suspect an OD but are unsure it does not hurt to administer narcan.

Opioid ODs look like: **Pinpoint pupils, slow shallow breathing (less than 7 per second) or not at all, cyanosis. Unconscious or severely altered consciousness, cardiac arrest.**

Narcan should be administered by tilting the person’s head back and spraying into their nostril. Other forms of Narcan exist but this is the most accessible. Once administered, wait to administer another dose after 3-5 minutes. Rescue breaths should be given to help with providing oxygen. Place the person in recovery position so they do not choke on vomit.

When someone wakes up be wary that they may become violent. Even if someone OD’d they can become agitated for ‘ruining their high.’ Narcan only blocks the uptake of opiates for a few hours and the person can fall back into overdose again. Immediate medical attention is recommended after someone comes back.

Responding to Narcan is not a guarantee that fentanyl was present!

Remember to start CPR if there is no heartbeat or suspicion of none.



Calling 911

Emergency medical services is essential. As stated in the intro note, calling 911 may expose people to the police which is unwanted. If it is undesirable, do not state there was an overdose or drug related activity when talking to the dispatcher. Saying "my friend fell unconscious" can be sufficient to not have police dispatched. Mentioning drug activity in the call will activate police response. Be transparent with the paramedics when they arrive!

911 is recommended as Narcan is not permanent and the victim may overdose again as the drug is still in their system.

How to set up a Safer Use Space

If you host parties or private events where attendees are likely to use drugs, you should seriously consider setting up a safer use space. Designating a space for drug use may seem awkward at first, but being up front about where and how drugs should be used at an event means the people who were probably going to do drugs there anyway will not feel like they need to hide it and will be able to more easily make safer decisions when using their drugs.

Depending on the types of drugs your friends and guests prefer, your safer use space may include a number of different supplies, but at minimum it should have:

- Plenty of light so people can see what they are doing
- Chairs or cushions for sitting for multiple people
- A table for organizing the supplies and drugs
- Bottles of water, for hydration and for mixing drugs for testing and using
- Some portable glass surfaces like mirrors or picture frames
- A trash bin, and sharps bin for easy disposal,
- A few kits of Narcan and instructions on how to use it.

Nitrous Oxide (Nos)

- Nos is a dissociate, which separates perception from sensation. A short trance-like feeling is produced.
- The effects of nitrous come on within seconds and last less than a minute, two at most. Repeated inhalations of nitrous oxide can extend and intensify the experience.
- Despite the nickname "laughing gas," uncontrollable laughter on nitrous is quite rare.
- With very high doses (many repeated inhalations), consumers may experience a full-blown out of body experience and/or visual hallucinations.

Nitrous is most often sold in small, pressurized canisters that are used for making whipped cream (often known colloquially by the brand name "Whip-Its"), although it can also be found in tanks of larger sizes.

When using whipped cream canisters, the pressurized gas is first dispensed into a balloon using a "cracker" or into another larger dispenser like a whipped cream maker ("canister"), and then inhaled.

A "dose" of nitrous is variable, but most people fill balloons or canisters with 1-2 chargers at a time and inhale repeatedly until they're empty. A "session" involves doing multiple rounds of doses. The greatest immediate risk of using nitrous is injury from falling down. Nitrous can produce a sudden loss of motor control, and there have been many injuries (and even some deaths) when people have fallen down after inhaling a hit. Nitrous does not "kill brain cells," but oxygen deprivation does. Make sure to take at least a few breaths of fresh air between nitrous inhalations and avoid lengthy sessions. Brain damage and suffocation can result from prolonged or continuous oxygen deprivation. Never, ever put a mask over your face to take in a steady stream of nitrous.

Cannabis

- THC, CBD, and 100s of cannabinoids. Hash, oil, and kief are much more potent than the buds.
- Small quantities can be relaxing and stimulating. Large quantities become psychedelic. Appetite may or may not increase. Heart rate tends to increase, red eyes and dry mouth develop.
- Cannabis is not relaxing for everyone. People are prone to anxiety / paranoia.
- If you're just starting out smoking, take a small hit and wait a few minutes for effects. If you're just trying edibles, take 2.5 mg of THC. Do not underestimate edibles.
- Smoking anything, including cannabis, can irritate the lungs, throat, and mouth. Using vapes, low-temp dabs, or edibles instead of combustion (smoking) reduces irritation.
- High-temp dabbing increases the risk of throat/lung irritation (or even damage) because the oil is so hot. Try to low-temp your dabs whenever possible.
- **Contrary to popular belief, it is possible to experience withdrawal** after using cannabis daily for a long time. Withdrawal typically manifests as insomnia, appetite changes, anxiety, or irritability. Cannabis withdrawal is never life-threatening and is rarely anything more than a nuisance for a few days or weeks.
- Like any drug, it's possible to use cannabis compulsively and develop a problematic relationship with it. It may be a good idea to take a break if you find yourself regularly using cannabis as a coping mechanism, or feeling very anxious at the thought of going without it for a period of time.
- 11-hydroxy-THC is more potent and longer-lasting than delta-9-THC, and tends to produce a more pronounced racing heart. This is why edibles can be so much more intense and unpredictable than smoking weed.



Other suggested supplies may vary depending on the drugs that may be used, but most of these are cheap or easily acquired from a local Harm Reduction group,

- Plastic straws cut short for single use so no one has to share
- Fentanyl testing strips (they only tell you if Fent is present, not how much)
- Fresh sharps and other fresh, un used injection supplies
- Glass pipes
- Anything else that may encourage people to use safely

Designating a space away from the party or event for using drugs also has the benefit of reducing the chance of guests who are triggered by drug use having to see or be around it, It also will hopefully shorten the bathroom line as no one will need to hold up the bathroom to take a hit.

General harm reduction rules

- Make sure your drugs are safe. If possible, only use drugs you received from a trusted source. While not 100% accurate, drug checking like reagent kits can help you identify unknown or dangerous ingredients in your drugs. Drug testing kits and strips can be found at dancesafe.org (also where a lot of info for this zine is sourced!)
- Don't use alone. If possible, always use with someone you trust. You can look out for one another.
- Make sure a Naloxone (narcans) kit is available. Even if you're not planning to use opioids, there is a chance your drugs might have come into contact with them. For example, your drugs may be cut with Fentanyl without your knowledge. The rise of overdose from Fentanyl is substantial.

- Start with a small amount first. If it's safe, you can always put more in your body. But once it's in there, it's hard (sometimes impossible) to get it out.
- If you're mixing drugs and sex, make sure you have access to safer sex options that work for you. Consider taking condoms and lube with you. If you're on PrEP or HIV treatment, consider setting timers for when you need to take your medications so you don't miss any doses. Discuss consent with your partner(s) before and during and remember that consent can be revoked at any moment.

Safer snorting by Edmonton Men's Health Collective

A common way people use drugs is through snorting. When you snort a drug, the drug enters the bloodstream through the blood vessels which line the inside of the nose. This generally results in a quicker high than swallowing. While snorting may seem like a safer way to consume drugs, especially compared to other ways like injecting, it's not without its own risks. Some of these may include:

- Snorting a drug can still result in overdosed
- When snorted regularly, certain types of drugs can damage your septum, which is the cartilage between your nostrils. This damage can cause a hole to form between your two nostrils.
- Using items like bills or keys to do lines or bumps can expose you to unnecessary germs.
- When snorting drugs, the skin around or inside the nose can become damaged, leading to the presence of blood. This blood, even in small amounts you can't notice, can end up on straws or dollar bills you are using to snort drugs. If these are shared between different people, it can lead to the transmission of infections like Hepatitis C.

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Alcohol

"Ethanol" is a depressant drug meaning it slows down heart rate, lowers blood pressure, and causes sedation. Low to moderate amounts lower inhibition, increase sociability. This stage is known as "buzzed" or "tipsy." Dizziness, nausea, slurred speech, slow reflexes, sleepiness, impaired judgment, dehydration, and hangovers characterize being "drunk." Different factors of effects include prior use, food in stomach, weight, metabolism, and others.

A typical 'drink' is 12 oz of beer, 5 oz of wine, and 1.5 oz of liquor. Know the alcohol content %, as this affects you, not the volume of the liquid.

Combining alcohol with other depressants like benzos, opioids, can become fatal quickly.

Alcohol's effects are significantly compounded at higher altitudes.

Drinking games have led to preventable deaths. You don't need to fall into peer pressure!

It is a good idea to take a break upon developing a problematic relationship with alcohol. Do so if you find yourself using it to cope or feel anxious without it.

Alcohol interacts strongly with ketamine (causing blackouts), SSRIs (increased sensitivity), cocaine (toxicity), and many more. Overdoses are called alcohol poisoning. "Sleeping it off" is dangerous. Keep water and electrolytes!

Author's anecdote: Eat some carbs before consumption, and keep electrolytes like pedialyte around. Have a designated driver! Even someone sober at a party. I know of people that have died from head trauma and worse while drunk. All while in the presence of others. Keep watch over your friends! And remember you are still responsible for your actions even when drunk. Drunk driving happens too, even when we swear not to. **DO NOT DRIVE HIGH/DRUNK!!!**

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Signs of (stimulant) overdose

Feels like:

- heart is pumping fast
- short of breath
- hot, sweaty and shaky
- chest pain
- nausea
- faintness

Looks like:

- fast or no pulse
- fast or no breathing
- hot and sweaty skin
- confusion, anxiety
- unconscious
- vomiting
- seizures

If someone ODs...

It is important to recognize the early symptoms of an overdose and seek medical assistance.

- Try to walk the person around, keep them awake
- Roll the person on their side (if unconscious)
- Call out for help—do not leave the person
- Call (or get someone else to call) 911
- Tell paramedics as much as you can

However, there are a few steps you can take to keep you and those around you safer and healthier while snorting drugs:

- Using your own snorting equipment and not sharing equipment with others.

- Using clean straws (ideally paper ones that won't cut) for snorting lines or your clean hand for snorting bumps.

- Rinsing your nose with water before and especially after, helping them remain clean and healthy.

- Applying vitamin E oil to the inside of your nose can help aid the healing process



Author's anecdote: I carry my own bump spoon with me! I also carry a few more with me because people fiend. You can also carry a safer snorting kit which includes: razor (plastic), a card, cut straws, vitamin E oil, and saline! I've had nights of people doing god knows what off my laundry card with dollar bills, not a clean way at all. Bumps are sufficient for me, so I just carry around my little spoon necklace. Make sure to crush up the drug really powdery, ways can vary, but rolling it in a bill or the bag you have is not advised as small holes can develop in the bag and leak out the drug! Crush separately.

Safer Injection Drug Use

By North Carolina Harm Reduction Coalition

Injecting drugs can be a risky business: bad dope, bad cuts, abscesses, nerve damage, embolisms, overdoses, & collapsed veins. But you can make injecting safer by following a few simple rules. NCHRC does not encourage drug use, we encourage safer use for active injectors to prevent HIV and hepatitis. Lowering disease transmission saves taxpayer money on treatment and decreases the number of syringes in the community promoting public safety.

Tips for injectors:

1. A clean surface is important to prevent the spread of bacteria. You can put down a fresh newspaper to make a clean surface.
2. Always use sterile water. When injecting in a bathroom do not take water from the toilet bowl; water from the toilet tank is cleaner. Water can be sterilized by boiling it in the cap without the dope.
3. Reduce overdose risk: It is best not to shoot alone and not to lock doors in case of overdose. Always carry an overdose reversal kit (Narcan) if you can get one. Also, if you're trying out new dope, shoot with a friend or if in an establishment, tell someone outside the bathroom you feel sick from the flu and to check on you in 10 minutes in case it is stronger than you expect and you O.D.



When preparing to smoke meth:

- Make sure the drug is in the right part of the pipe bowl. If necessary, tap pipe gently.
- Avoid burning your fingers. Hold the pipe halfway down the stem.
- Apply heat to the bowl. Keep the heat source moving around until smoke fills the pipe (so the bowl won't crack).

When preparing to smoke crack...

- Use screens instead of Brillo (steel wool). Brillo can break apart and be inhaled, and its coating can make you sick
- Pack five screens into your pipe. This is safest. IF you prefer, it's okay to wrap the brass screens completely around the Brillo and use them together as a screen.
- Use a wooden push stick. Wood is less likely than metal to damage the pipe.

When smoking

Inhale slowly. This will help prevent burning your lungs. Exhale immediately. Holding it in doesn't make the effects stronger – it only hurts the lungs more. Handle the pipe with care. It'll be hot after using it.

Did you know? Eating when you're coming down will help you sleep.



You and safer smoking

By Canadian Institute for Substance Use Research

Smoking any illegal drug is risky because you can never know for sure what's in it or how it was made. But there are also risks involved in how you smoke. Here are ways to reduce those risks.

Before you start: Know your dealer. It's best to choose someone you feel safe with and who knows about the drugs they sell.

-Take vitamins or eat something. You may not feel like eating when high.

-Find a buddy. Using alone means no one will be there to help you if you overdose.

-Find a safe place. Being relaxed and not in a hurry makes smoking easier and therefore safer.

-Bring condoms and lube with you. Stimulant drugs increase your sex drive.

-Clean your hands and your own mouthpiece. Use soap and water or alcohol swabs to wash away germs that could go in your mouth.

To reduce risk:

-Start with a small amount. If you don't know how strong the drug is, this can help reduce your risk of overdose.

-Use your own mouthpiece or pipe. This will help you avoid getting or spreading infection.

-Use a shatterproof Pyrex pipe. Other pipes can get too hot or give off toxic fumes.

-Avoid using broken or cracked pipes. Damaged pipes can lead to burns, cuts, and infections.

-Drink water, use lip balm and chew gum. These will help keep your mouth moist and reduce cracks, blisters, and risk of infection.

4. Injection Kit Disposal: Be considerate when you dispose of your syringe and be mindful of any blood. Clean up after yourself. Keep a biohazard on you to dispose of all materials; that way there's no evidence you were even there. You can get a biohazard from medical offices or your doctor, NP, and/or PA. We also supply them for free. Laundry detergent bottles and/or any thick plastic container works too. **[California: contact local harm reduction orgs for supplying and needle cleanup. If you are an individual unaffiliated be wary with the legality of distributing needles]**
5. When choosing a place to inject, evaluate how much seclusion you are willing to risk. If you are more secluded the risk of someone finding you in case of an O.D. is slim, but in a high-traffic area, you are more likely to be found.
6. If you are out of syringes and you need them: You can buy syringes at some pharmacies. We recommend that you use a new syringe for each shot to reduce the harm. Never share syringes (assume it is contaminated with HIV or Viral hepatitis C) and make sure to bleach your works to lessen the possibility of contracting a disease if you decide to anyway. That is not 100% safe proof.

How to do a safer injection:

1. Use a "new" set for each injection: each time the point penetrates the skin, it gets duller and duller and causes more damage to the vein. If you need to reuse a set, you need to clean it first (even if you're the only one to use it). This will cut the risk of injection-related wounds or infections.



2. To clean a set (if re-using a syringe): draw up clean water (all the way) and shake. This will break down any excess blood that is in the set. Do this three times. You'll want to dump this water that you've just used because it's loaded with bacteria. Then use full-strength bleach 3 times and shake for 30 seconds each time, (this will kill the remaining bacteria including HIV). Then draw up clean water again 3 times to get all the bleach out (you don't want to inject bleach).

3. Never share water, ties, cookers, spoons, sets, or points. All of these can pass injection-related diseases.

4. Alcohol prep pad: before injecting clean the skin. Only wipe going one way (not in a circular motion or "back and forth"-this will recontaminate the injection site). This will help you avoid infections

5. If you miss your shot: (a) squeeze the shot into a clean cooker; (b) clean the point or use a clean set and draw the shot back up; (c) never reheat blood it can clot the blood and send parasites directly into the bloodstream; (d) move the shot up above the previous site and try again.

6. Where to shoot: below the collarbone and above the wrists. If you have to you can shoot in the hip area.

7. Where not to shoot: (a) the back of the hands and wrists (the walls of the veins are thin and damage easily; they are also loaded with nerve endings); (b) legs (the walls of the veins are thin and the circulation is slower); (c) neck and groin (real chance for damage), (d) eyes, forehead, tongue, and genitals.

8. Avoid arteries: if you hit one, you'll know it. The blood will be dark and frothy. It will rush into the set and push the plunger. Pull out and raise your arm above the heart.

Apply pressure to stop the blood flow (if it doesn't stop see a doctor).

9. To avoid hitting an artery: feel for a pulse, that's the sign of an artery. Look for a blood vessel without a pulse.

10. Rotate your veins: going into the same spot may callous the vein and cause it to collapse. It can also create abscesses. Always move the shots toward the heart. If you shoot below the previous injection site you may break free an existing scab or blood clot in the vein, which may travel to the lungs or the heart causing complications or death.

11. Rolling veins: A vein may roll if a tie is too thin. To stop a vein from rolling, you can put your arm against a flat surface and apply pressure.

12. The angle of injection: you want to inject at a 45-degree angle with the hole in the needle (the bevel) pointing up. This causes less tearing to the vein and lowers the chances of going through the vein. It also makes it easier for the point to enter the injection site.

13. Tying off: will raise the vein and slow the flow of blood. Use something at least 1" wide and have it about 4" above the injection site. Loosen the tie after getting register and before injecting.

14. Don't slam the shot: don't push the plunger down quickly because the drug may be purer than you think or cut with something like rat poison. Slamming increases the chances of an O.D. (once it's in, you can't take it out). Instead, slowly push the plunger in or do a test shot (part of a bag) to see what you've got; you can always do more later.