

## Remember:

- It's best not to pack your rock with ash, because the ash can enter your lungs and cause serious injury.
- Change your filters regularly so they don't deteriorate and damage your lungs.
- Any drug that you use to get a rush (heroin, methadone, alcohol, etc.), just like cocaine itself, can lead to overdose.
- If you spit up blood, start coughing a lot or experience an epileptic-type fit (convulsions), see a doctor right away.
- Use a condom when having sex.

## A few tips

- Try to prepare your works in a calm environment.
- Wash your hands regularly. If you have no soap and water handy, use an alcohol pad.
- Don't put your rocks in your mouth—this will help you avoid problems such as infections, the deterioration of your tooth enamel, etc.
- Lip balm can help keep your lips healthy.
- Out of respect, when you use, leave the location clean afterwards. You can put your old or broken pipe in a solid container, or dispose of it in an outdoor sharps container, or hand it in at a site that distributes STI prevention material (a needle exchange site).



Don't hold your puff for too long, so you don't damage your lungs.



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# My Crack Kit



Your kit is a tool that can help you prevent hepatitis and other blood-transmitted infections.

- Regular crack use can lead to burns and cuts on your fingers and lips and in your mouth.
- Open wounds make it easy to transmit the viruses and bacteria which may be on works that someone else has used.

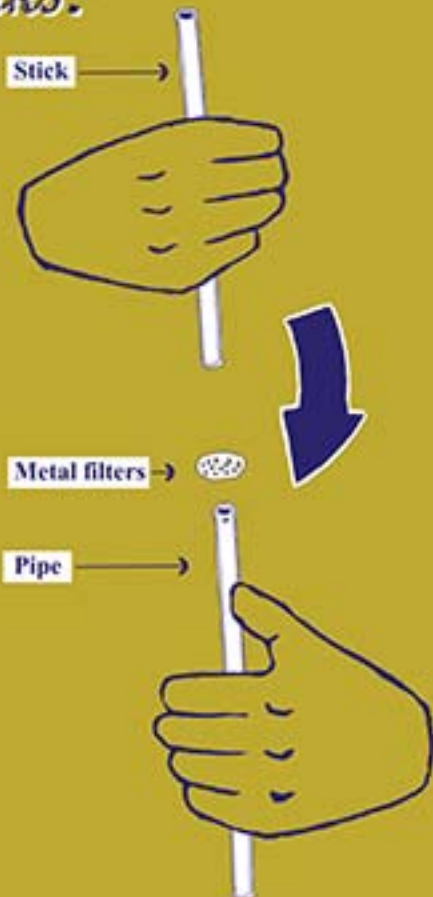
So be careful not to lend your kit out or borrow a kit from someone else.

**Crack use does serious damage to your health. If you use crack, the important information in this brochure can help you reduce your risk.**

## *Preparing your works:*

### • Step 1:

Insert the metal filters into the pyrex pipe. You need to put in at least three so you don't lose your rock.

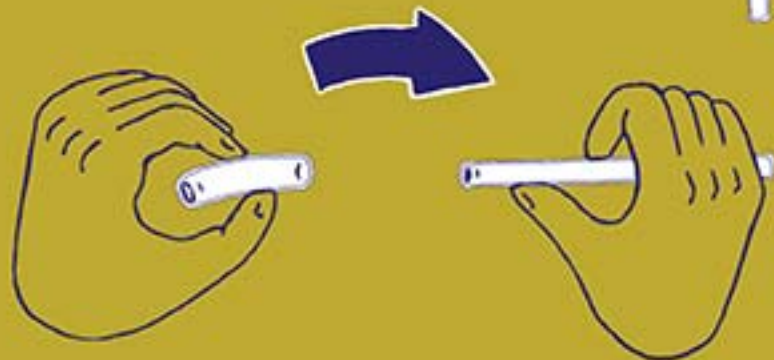


### • Step 2:

Compress the filters using the stick while bracing the opposite end of the pipe against a hard surface. Then turn the pipe over and compress the filters again through the other end of the pipe. When the filters are properly compressed, push them to 1 cm from one end of the pipe.

### • Step 3:

Place a tip at the end of the pipe opposite the filters.



**The tip:** Inhale the smoke from the tip. Don't let your lips or fingers touch the pyrex pipe directly; this protects them from burns and cuts.

**Never lend your tip and never use someone else's tip.**



**The pyrex pipe:** Let the pipe cool down before re-using or cleaning it. Clean your pipe regularly with the stick and change the filters as soon as they're blackened, or as often as necessary. Don't re-use your pyrex pipe if it's chipped or broken.

**Your works are for your personal use. Don't share them and don't borrow them!**

## *Remember:*

- Don't forget to drink lots of water or juice. Crack has a major dehydrating effect on the body.
- Take the time to eat. Crack suppresses your appetite.
- Try to relax or sleep. Crack can suppress the feeling of fatigue.

