

## → 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

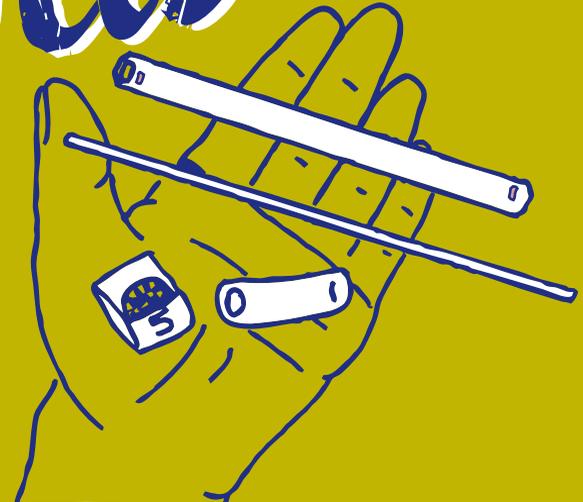
- Try to prepare your works in a calm environment.
- Wash your hands regularly. If you have no soap and water handy, use an alcohol pad.
- Don't put your rocks in your mouth—this will help you avoid problems such as infections, the deterioration of your tooth enamel, etc.
- Lip balm can help keep your 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, like a pop bottle, or dispose of it in an outdoor sharps container, or hand it in at a site that distributes prevention material, (e.g. 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:

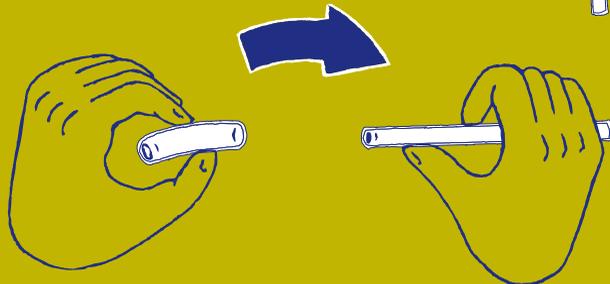
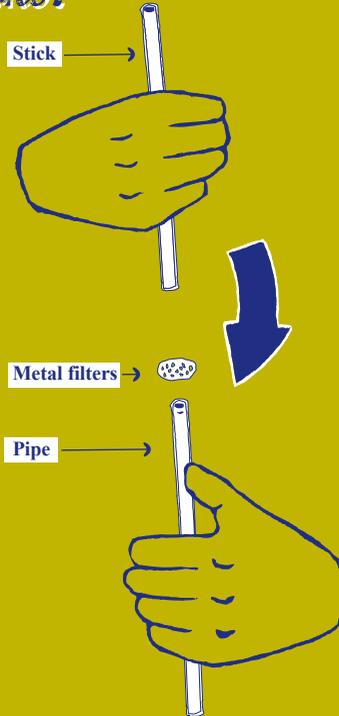
Insert the metal filters into the pyrex pipe. You need to put in at least three so you don't lose your rock.

### • 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.

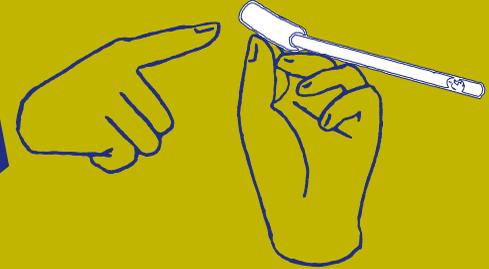
### • Step 3:

Place a tip or mouth piece 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.

**Try to avoid sharing your tip or mouth piece.**



**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. Try to avoid sharing or borrowing from others.**

## *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, especially if you've been on a run. Crack can suppress the feeling of fatigue.

