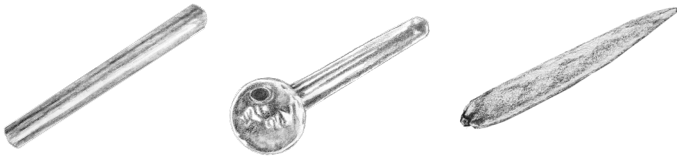


# Safer Smoking 101



Smoking drugs can be done in various ways, and each method comes with its own set of tools and practices. Understanding these differences is crucial for safer smoking. By following these guidelines, you can reduce the risks associated with smoking drugs and make informed choices about your health and safety.

Safer smoking practices depend on what you're smoking and how you are smoking it. Smoking differs from other routes of administration because it provides the shortest high but still gives the consumer an intense rush.



## Safer smoking practices are important because:

- Smoking any substance over a prolonged period of time will cause breathing issues
- Because the high is short, people who smoke tend to do so more frequently
- Smoking an opiate can increase the risk of overdose because dosing to smoke can be tricky
- The social aspect of smoking and sharing supplies can expose people who smoke to possible bloodborne pathogens, covid, pneumonia, or tuberculosis
- Smoking might be a good option if someone is looking to switch their route of administration. Nose bleeding from snorting too often? Having a hard time finding a good vein to use? Temporarily switching to smoking may help!

## DIY Pipes and Bowls:

When possible, it's important to use the proper tools to smoke from to keep yourself as safe as possible. We recognize that new equipment will not always be available. If you need to make an at-home smoking pipe, avoid using plastic, wood, any flammable materials, or anything with paint on it. If you're using glass, try to avoid glass that is already cracked as adding intense heat will cause it to shatter. It's also important to remove any possible debris (like glass shards) before you inhale as this can end up in your lungs. If a screen is available, it can help with blocking any debris from entering your lungs.

## General Safer Smoking Practices

- If you can, use with people you trust who can respond to a possible overdose or another medical emergency, or even just support you if you start to have a bad time.
- If you have to use alone and have access to a phone you can reach out to Never Use Alone Hotline: (800) 848-3731 and an operator will stay on the line with you while you use
- Avoid sharing supplies because hepatitis B and C, pneumonia, covid, and tuberculosis can spread through the sharing of inhalation equipment.
- If you need to share supplies, wipe down pipes and bowls with alcohol pads or soap and water. This will sanitize the equipment and lessen the chances of spreading bloodborne pathogens.
- Drink water! Smoking will dehydrate you faster than you think. If you feel lightheaded, weak, or faint, try drinking water.
- Listen to your body! If your lungs are being negatively affected by chest or lung pain, congestion, or persistent coughs give yourself a break! If symptoms persist or worsen, seek medical attention.
- Consider using mouthpieces for both social and individual use.
- Mouthpieces can protect your lips from possible burns, cuts and sores that may result from smoking out of equipment made of glass or metal. Mouthpieces will also prevent the possible spread of bloodborne pathogens. Try to avoid sharing mouthpieces with other people.
- Use the proper equipment and avoid self made pipes as they can increase the risk of burn or injury
- When cleaning, packing, and unpacking inhalation equipment made of glass, avoid using a tool that may scratch the glass. We recommend chopsticks. If the glass is scratched or weakened, applying heat may cause a pipe or stem to shatter while you are trying to smoke.