Safer Inhalation (Smoking) Tips

towardtheheart.com
BCCDC HARM REDUCTION SERVICES

You wouldn't share your needle. Try not to share your pipe.

Sharing your pipe, mouthpiece, foil, or hooter can cause accidental drug poisoning or spread infection

Especially if you have burns, sores, or cuts in your mouth

Used supplies can have blood on them - even if you can't see it - that can spread infection when shared.

- If you do share a pipe:
  - **Ask** people what they've inhaled in their pipe
  - **Tell** people what you've inhaled in your pipe
  - Use whatever personal supplies you have (mouthpieces, foil, or hooter)
  - Use 1 pipe for opioids (down) and another pipe for stimulants (up, side, crystal meth, crack)
  - Be aware that people use different ways to tell their pipes apart (colours, stickers, etc.). There is no common system - always ask and tell.
- Wash your hands before using. Use alcohol wipes if you can't wash them.
- Use rolled foil or vinyl tubing from harm reduction sites as a hooter. Things like pens or metal straws are ok. Avoid paper straws - they can catch fire and burn you.
- Breathe in slowly, then exhale quickly to avoid burning the lungs.
- Be careful handling hot supplies because they can burn your hands and mouth.
- Get a new pipe if:
  - Yours is cracked, scratched, chipped, or has burnt residue that can't be cleaned
  - Someone else used your pipe
  - You've smoked an unknown substance
- Dispose of your pipe in a sharps container.

Lower your risk of overdose/drug poisoning

- Get your drugs tested.
- Start low and go slow.
- Carry naloxone and know how to use it.
- Use at an OPS or with a buddy (take turns).
- If you use alone, call NORS (1-888-688-6677) or use the Lifeguard app.

Caring For Your Inhalation (Smoking) Supplies

Storing your pipe

- Keep somewhere it can't break.
- Store your pipe in a hard plastic case, like sunglasses or glasses case, a pencil case, or a hard case from the dollar or corner store. If you can't find a hard plastic case, you can use a shoe or a pencil bag.
- Do not store your pipe in your naloxone kit. If you do, re-label clearly so people know that it's no longer a naloxone kit.

Keeping your pipe from breaking

- Use a push stick. Don't scrape your pipe with metal.
- Give your pipe time to cool down on its own.
- Try not to use a torch lighter on bubbles pipes. This can weaken the glass and cause it to break.

Caring for your hooter

- Replace your mouthpiece if it's burnt, damaged, or has been used by someone else.
- Use a new foil hooter if it's damaged or has been used by someone else.

Keeping your pipe clean

- Wash or clean your hands before using.
- There is not enough evidence to show that cleaning pipes with alcohol or bleach gets rid of germs that cause infections.
- Don't burn your pipe to clean it.
- Maintain your pipe. Rinse your cooled down pipe with water and let it air dry.

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  - Use 1 pipe for opioids (down) and another pipe for stimulants (up, side, crystal meth, crack)
  - People use different ways to tell their pipes apart. Always ask and tell.
- Wash your hands before using.
- Use rolled foil or vinyl tubing as hooters. Avoid paper straws. Using pens or metal straws are ok.
- Breathe in slowly, then exhale quickly.
- Be careful handling hot supplies to prevent burns.
- Get a new pipe if:
  - Yours is cracked, scratched, chipped, or has burnt residue that can't be cleaned
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