

# SAFER SMOKING TIPS FOR

# CRACK

I'M A CRACKED PIPE...GET IT?!

I'M A ROCK

## PREPARING THE PIPE

**BEFORE** getting started- know your dealer. Knowing your dealer ensures that you are familiar with their product potency and cut. Knowing how to load your pipe correctly will help to avoid damage to lips, burns to hands, and lessen potential for overdoses.

Fold 2 or more brass (or chore boys) screens into a cone shape and use a push stick to insert screens into the stem. There should be 1 cm or so from the end to make room for your rock.

## KEEP THOSE LIPS NICE AND JUICY- NOT BURNT AND CRUSTY!

After securing screens into place, attach the mouthpiece at the other end of the stem. Use lip balm to keep lips from cracking, bleeding, and forming ulcers after use.



## IF YOU LIKE IT THEN YOU SHOULD'UH HH PUT A ROCK IN IT

Screens help to make sure hot pieces of your rock do not enter your mouth/lungs causing burns.

Place your rock in the end of the stem near the screens. Screens should be around 1cm from the end of the stem to make room for your rock

## BRING ON THE HEAT!!

Apply heat with a lighter to the rock end of the pipe, inhale the smoke slowly but exhale immediately.

Holding your hit will not make the high better, holding your hit can damage your lungs and cause internal burns.

That feels nice and warm



# safety first

## SAFETY IS IMPORTANT

Taking care of yourself is the most important thing you can do. Make sure to eat and drink before use in case you forget. If possible, find a safe place to use and use with a buddy. **Make sure to have Narcan/naloxone on hand**, start low and slow, and avoid using damaged equipment if possible.

# SAFER SMOKING TIPS FOR

# CRACK

I'M A CRACKED PIPE...GET IT?!

I'M A ROCK

## PREPARING THE PIPE

**BEFORE** getting started- know your dealer. Knowing your dealer ensures that you are familiar with their product potency and cut. Knowing how to load your pipe correctly will help to avoid damage to lips, burns to hands, and lessen potential for overdoses.

Fold 2 or more brass (or chore boys) screens into a cone shape and use a push stick to insert screens into the stem. There should be 1 cm or so from the end to make room for your rock.

## KEEP THOSE LIPS NICE AND JUICY - NOT BURNT AND CRUSTY!

After securing screens into place, attach the mouthpiece at the other end of the stem. Use lip balm to keep lips from cracking, bleeding, and forming ulcers after use.



## IF YOU LIKE IT THEN YOU SHOULD'UH HH PUT A ROCK IN IT

Screens help to make sure hot pieces of your rock do not enter your mouth/lungs causing burns.

Place your rock in the end of the stem near the screens. Screens should be around 1cm from the end of the stem to make room for your rock

## BRING ON THE HEAT!!

Apply heat with a lighter to the rock end of the pipe, inhale the smoke slowly but exhale immediately.

Holding your hit will not make the high better, holding your hit can damage your lungs and cause internal burns.

That feels nice and warm



# safety first

## SAFETY IS IMPORTANT

Taking care of yourself is the most important thing you can do. Make sure to eat and drink before use in case you forget. If possible, find a safe place to use and use with a buddy. **Make sure to have Narcan/naloxone on hand**, start low and slow, and avoid using damaged equipment if possible.

# KIT CONTENTS

- **STEM**
- **MOUTHPIECE**
- **LIGHTER**
- **SCREEN**
- **PUSH STICK**
- **CONDOMS/LUBE**

## HARM REDUCTION TIPS TO SAFER SMOKING OF CRACK

Pipe care: Wipe off carbon from stem often. This will help with even distribution of heat and avoid overheating of the glass or potentially burning your supply. If carbon is difficult to remove with soap/water, try using an alcohol wipe.

**\*Make sure to dry pipe entirely inside and out before use to avoid "steaming" your mouth and burning the inside soft tissues\***

Inhale slowly and exhale fast. Avoid holding your hit. Holding your hit can damage lungs leading to burns and pneumonia.

Never share mouth pieces. Sharing mouth pieces aids in the transmission of things like Covid-19, Hepatitis B and C, as well as Herpes, etc.

Know your dealer- the more you know your dealer, the more experienced you are with their specific product potency, cut, etc.

Avoid using cracked/damaged pipes when possible, to avoid cuts to lips and mouth.

Always bring condoms and lube when using stimulants. Stimulants can lead to an increase in sex drive and can lessen inhibitions.

**IN N' OUT**  
**710 W. BROADWAY**  
**MINNEAPOLIS, MN 55411**  
**612-223-3682**  
**612-267-0805**  
**TUES/WED 2-5PM**  
**THURS/FRI 11-5PM**



**NORTHPOINT**  
Health & Wellness Center

**HARM REDUCTION &  
TESTING SERVICES**

# KIT CONTENTS

- **STEM**
- **MOUTHPIECE**
- **LIGHTER**
- **SCREEN**
- **PUSH STICK**
- **CONDOMS/LUBE**

## HARM REDUCTION TIPS TO SAFER SMOKING OF CRACK

Pipe care: Wipe off carbon from stem often. This will help with even distribution of heat and avoid overheating of the glass or potentially burning your supply. If carbon is difficult to remove with soap/water, try using an alcohol wipe.

**\*Make sure to dry pipe entirely inside and out before use to avoid "steaming" your mouth and burning the inside soft tissues\***

Inhale slowly and exhale fast. Avoid holding your hit. Holding your hit can damage lungs leading to burns and pneumonia.

Never share mouth pieces. Sharing mouth pieces aids in the transmission of things like Covid-19, Hepatitis B and C, as well as Herpes, etc.

Know your dealer- the more you know your dealer, the more experienced you are with their specific product potency, cut, etc.

Avoid using cracked/damaged pipes when possible, to avoid cuts to lips and mouth.

Always bring condoms and lube when using stimulants. Stimulants can lead to an increase in sex drive and can lessen inhibitions.

**IN N' OUT**  
**710 W. BROADWAY**  
**MINNEAPOLIS, MN 55411**  
**612-223-3682**  
**612-267-0805**  
**TUES/WED 2-5PM**  
**THURS/FRI 11-5PM**



**NORTHPOINT**  
Health & Wellness Center

**HARM REDUCTION &  
TESTING SERVICES**