

SAFER

Smoking tips for Meth

01 Attach mouth piece!

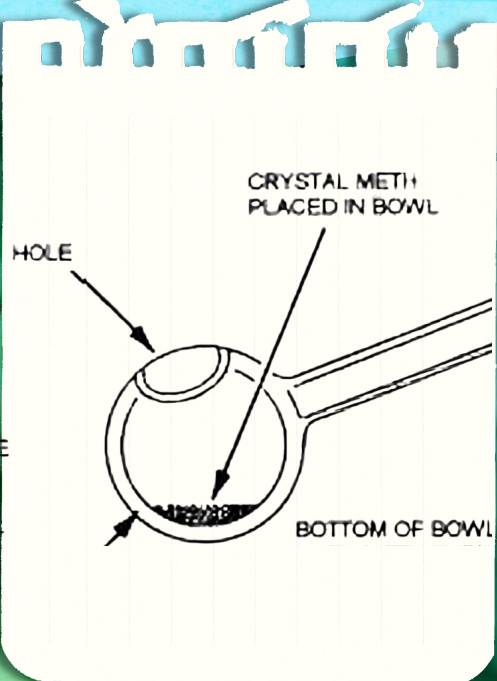
Pop a mouth piece on the end of the pipe to avoid burns, sores, and lip cuts! But just a heads up, sharing is not caring when it comes to mouth pieces. **Sharing can lead to transmission of Hep C, Covid, Herpes, and other diseases.** Spark plug boots, silicone tubing, or tying a rubber band around the pipe will also work.



Getting the pipe ready

02

Place supply in the bubble end of the pipe through the hole (choke). Tap the pipe gently to settle the crystals/powder into the bowl. **Hold the pipe 1/2 way up the stem to avoid burns to fingers and clothing.** Apply heat to the bowl with a lighter or candle. The flame should not touch the glass.



03 Heating the glass

Roll the pipe back and forth to distribute the heat evenly. Powder/crystals will melt to liquid, creating vapor/smoke to inhale. **Inhale the vapors slowly and exhale immediately to avoid burns to your lungs.** Holding in vapor will not lead to a better high.



04

Taking care of yourself is most important! 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:

- Bubble
- Mouth Piece
- Lighter
- Lip Balm
- Condoms/Lube

Harm Reductions Tips to Safer Smoking of Meth

Pipe Care: Wipe off carbon from outside of pipe bowl frequently. This will ensure you can see inside the pipe to avoid overheating the glass or burning your supply. Burning your supply may result in unintended side effects without the high.

Wiping off carbon from the outside of the pipe (as well as the inside) also helps to ensure even heat distribution when melting. If carbon is difficult to remove with soap/water, try using an alcohol wipe.

It's also important to remember that the pipe will be **HOT** so make sure you have a safe place to set the pipe (ex. Wet towel) to avoid burns to skin and clothing.

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

Inhale slow 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**