Signs of overdose:

feels like

- → Your heart is pumping fast
- → You are short of breath
- → Your body is hot, sweaty and shaky
- → You have chest pain

looks like

- → Fast pulse or no pulse
- → Fast or no breathing
- → Hot and sweaty skin
- → Confusion, hallucinations, unconscious
- → Cannot talk, cannot walk
- → Vomiting or seizures

dangerous drug combinations

- → Erectile drugs (Viagra, Cialis) put extra strain on the heart, causes sudden shifts in blood pressure and can lead to stroke, chest pain and heart attack.

- → Other stimulants like MDMA or cocaine can push your body too far increasing the risk of overheating or stroke.

- → Heart and blood pressure meds increase strain on heart/blood vessels risking stroke or heart attack when used with crystal meth.

- → Antidepressants can cause overstimulation of the brain leading to acute episodes of depression.

- → Downer drugs like GHB can lead to stroke or heart attack.

- → Alcohol & stimulant drugs (MDMA, cocaine) can dehydrate the body further when mixed which can negatively affect kidney and liver function and exacerbate crash symptoms.

What to do if someone ODs

1 Call out for help - do not leave the person alone

2 Try to get them to slow down and relax

3 Call 9-1-1 (or get someone else to call) for an ambulance, send someone to get help and report back

4 Tell paramedics as much as you can about what happened

Need info about addiction services?

Amador Recovery Helpline: 575.395.6953

confidential, anonymous, free

Ask your local harm reduction site about which safer drug use supplies are available.

Safer Crystal Meth Smoking

What you need to smoke safer:

Pyrex Bowl Pipe

Mouthpiece

Alcohol Swab

Lighter

Thomas Carlyle: A person who has health has hope; the person who has hope has everything.

Jodie Gale: The starting point for recovery is hope, not abstinence.

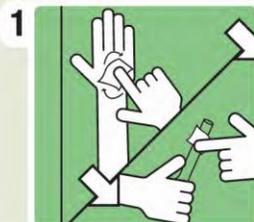# What to expect:

Safer Crystal Meth Smoking

crystal meth

The high can:

last anywhere from 4 to 24+ hours

make you feel more alert

make you feel like you have lots of energy

make you not feel hungry

make your mouth dry

make you breathe faster

make your heart beat faster

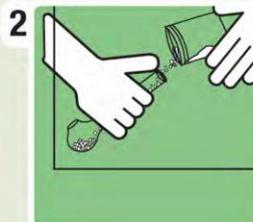make you restless and unable to sleep

make you anxious and paranoid

Coming down can:

make you extremely tired but unable to sleep

make you hungry and thirsty

make you anxious

make your jaw clench tight

make you have strong cravings for more crystal meth

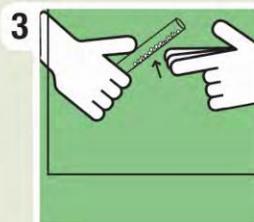**Amador**
HEALTH CENTER
RECOVERY PROJECT
Tobacco •Alcohol •Opioids

999 W. Amador Ave. Suite D
Las Cruces, NM 88005
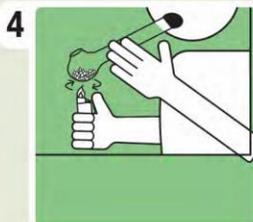Office Tel 575.556.9681

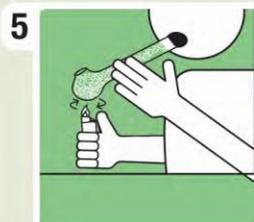**1** Clean your hands and pipe with alcohol swabs

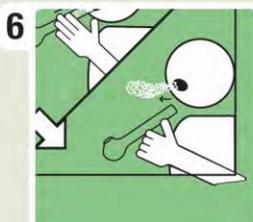**2** Pour crystal meth into your pipe

3 Tap your pipe to move the drugs into the bowl

4 Hold pipe halfway down stem, apply heat to bowl, keep heat source moving

5 Heat will vaporize the drug and fill pipe with smoke

6 Inhale slowly, then exhale immediately

mouth care

→ Avoid infection by using your own pipe - don't share

→ Drink water or fruit juice to keep your mouth moist and reduce cracks & blisters

→ Chew gum to keep your mouth moist and reduce clenching

safer crystal meth smoking tips

→ Smoke in a safe place with people that you trust

→ **Inhale slowly** - this will help prevent burning your lungs

→ **Exhale immediately** - holding it in doesn't make the effects stronger, it only hurts your lungs more

→ After use, handle pipe with care, it will be hot

→ Take vitamins and eat something before you smoke - you won't feel like eating after

→ Have condoms with you - you may want to have sex while high

→ Keep your pipe clean by burning off the residue and then scrubbing it with alcohol swabs

→ When coming down, eating will help you sleep

→ Don't be alarmed by feelings of extreme depression once you're sober - it's your body reacting to the drug

⚠ **combining substances can be dangerous**

* see other side for details