

# SAFER SMOKING KITS

## a harm reduction guide

Harm reduction exists no matter which route of administration you choose. We all know we need sterile rigs, but there are ways to be smart about smoking, too! To prevent the spread of bloodborne pathogens like hepatitis C, follow this easy guide to stay safe!



### ORAL HYGIENE

Sugar-free gum containing Xylitol will help keep saliva production up & prevent your teeth from decaying.

Chapstick will help heal & protect your lips from cracks & burns.



### CLEANING SUPPLIES

If you have to share a pipe, use alcohol prep pads to clean off the pipe to prevent the transmission of bacterial infections.

### CHORE BOY & BOBBY PIN (PUSH STICK)

\*For crack kits\*: Chore boy holds crack rock in place & is less dangerous than steel wool.

A push stick (bobby pin or wooden coffee stirrer) helps pack any remaining substance as far into the pipe as possible to prevent losing your drug. Metal pushers can chip or cause cracks in the glass stem, which can cause oral sores.

### CONDOMS & LUBE

Safe sex is the best sex. We include condoms & lube in these kits in case smoking gets you hot & bothered.

Use condoms to prevent pregnancy and the spread of STIs, & lube to minimize friction during sex. Rough sex can lead to more easily transmitted diseases through rips & tears.

### STEMS & PIPES

Depending on whether you're getting a kit for smoking meth or smoking crack, the contents will differ slightly.

We include chore and a stem for smoking crack, and a bubble pipe for smoking meth.

Keep this smoking tool for yourself to prevent the risk of spreading bloodborne pathogens, or make sure to utilize the mouthpiece to avoid sharing.

### SPARK PLUG RUBBER STEM TIP

A hot stem can burn & crack your lips which can lead to bleeding. Attaching a rubber mouthpiece at the mouth end of the pipe prevents burns and can act as a personal tip to avoid sharing.

### HEPATITIS RISK FROM SHARING PIPES

Studies have shown that people smoking drugs face the risk of contracting the hepatitis C virus if they share pipes that they heat with other people. Since hepatitis C is transmitted through blood, people who heat and smoke drugs are at higher risk of transmission.

Use the supplies in this kit to help maintain good oral hygiene to avoid burns & sores in your mouth, to help prevent the spread of bloodborne pathogens.