

**TIPS FOR
SAFER USE
OF COCAINE
AND CRACK**



REDUCING RISK OF OVERDOSE

- Avoid mixing cocaine or crack with other drugs or alcohol. If you do, use less of each drug.
- Start with a small amount and go slowly.
- Avoid using when alone. Carry naloxone, a medication that can reverse an overdose if an opioid, like fentanyl, is mixed in.
- Talk with your doctor about how to prevent serious health problems associated with overdose, such as heart attack, stroke, abnormal heart rhythm, very high blood pressure and death.



REDUCING RISK WHEN SMOKING

- Add on crack pipe tips to reduce risks of burns to the lips, mouth and throat.
- Use a wire screen, Chore boy or brillo, as a filter and let the pipe cool down between hits to prevent inhaling hot particles. See a doctor if you feel any pain when breathing after using.
- Keep lips hydrated with lip balm to reduce risk of cuts.
- Avoid using homemade crack pipes. Homemade crack pipes may get too hot; give off toxic fumes; or break while in use, which can lead to burns, cuts or infections.
- Do not share your pipe to avoid the spread of infectious diseases, including HIV and hepatitis C.
- If smoking with foil (chasing), use real tinfoil and not foil from packaged foods like candy bars. This type of foil can be contaminated.



REDUCING RISK WHEN SNORTING

- Grind cocaine to remove clumps and hard pieces that can be painful while snorting and increase risk of injury to the nasal cavity.
- Use your own sterile straw and scooping spoon and avoid sharing to prevent the spread of infectious diseases, including HIV and hepatitis C.
- Alternate snorting sessions between both nostrils to allow one nostril time to heal in between sessions. This can help reduce risk of tissue damage in the nose.
- Use a water nasal spray or sniff up water immediately after snorting to dissolve the remaining coke. This will significantly reduce the potential damage to your nose.



REDUCING RISK WHEN INJECTING

- Use a sharp, sterile syringe each time you inject.
- Do not share equipment (including syringes and stems) to avoid the spread of infectious diseases, including HIV and hepatitis C.
- Rotate where you inject and make sure you're in a vein before you inject.

RESOURCES

Free, confidential support is available 24/7. For treatment referrals, naloxone access, syringe service program locations, other substance use concerns and safer sex supplies (including free condoms), call NYC Well at 888-NYC-WELL (888-692-9355), text WELL to 65173 or visit nyc.gov/nycwell.

