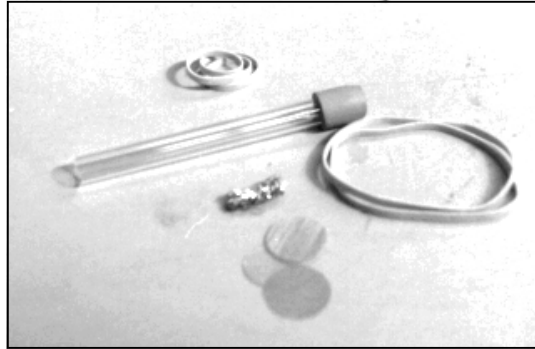


How to keep YOURSELF from AIDS, Sexually Transmitted Diseases, Infections, Hepatitis, and Tuberculosis (TB).

- Wash your hands often with soap.
- Clean cuts, burns & lip sores. Apply antibiotic ointment & keep covered.
- If you have a cut, sore or burn, do not share with others.
- Stay away from broken stems, blood, urine & saliva.
- Always use condoms for all types of sexual contact.
- Do not share crack pipes or tools with friends.
- Throw away bloody tissues.
- Wash bloody things with bleach.

How to keep YOUR body healthy with food & fluids.

- Take vitamin C because: helps heal cuts, builds healthy veins, fights sickness, colds, & lung problems.
- Eat foods with vitamin C: baked potatoes, watermelon, guava, okra, collard greens, salads, orange juice & fruit.
- Drink lots of water & fluids (8 to 10 glasses a day).
- Gatorade and sports drinks replenish electrolytes which your body needs.
- “Pee” or urine should look clear yellow if drinking enough.



SAFER USING TIPS

- Using a glass or metal stem with a mouthpiece.
- Wipe mouthpiece with alcohol to prevent getting sick or infections.
- Use clean choy or copper wire. Pipe screens are best.
- If using a plastic bottle or pipe, remember to change the foil & use clean ashes.
- Sleep as much as possible.
- Let pipe cool down before taking next hit, to prevent cuts and burns.
- Use straight glass shooters, it will not cause burns as quickly.
- Wrap end of straight shooter with rubber band, thick rubber, piece of tape or paper (match book cover rolled) & clothespins so you're less likely to hurt lips.
- Clean crack shooters often & carefully.
- File edges of broken glass shooters until it is smooth.
- Touch flame to shooter quickly instead of leaving it there, move fire along shooter to spread out heat.

Medical Tips

- Seek help when sores are not healing
- Seek help when coughing blood.
- Go to the clinic when wanting to get clean.
- Combining more than one drug can increase your risk for overdose or death.



If you smoke crack, there are healthier ways to smoke and prevent the spread of AIDS, Sexually Transmitted Diseases, Hepatitis, TB and other Infections.

**For more information, call:
National Harm Reduction
Coalition 212-213-6376**

TUBERCULOSIS (TB)

- If smoking indoors, make sure window or door is open.
- Rooms with no fresh air are risky for TB.
- Cover your mouth when coughing and ask others to do so.
- If having problems breathing or coughing up blood, slow down or stop smoking. See a doctor if it continues.
- Signs of TB: fever, tired, weight loss, chest pain, coughing a lot, coughing blood and phlegm.

AIDS & HEPATITIS

- Use condoms with oral, anal, & vaginal sex.
- Do not share smoking tools.
- Stay away from other peoples' blood or spit.
- WASH YOUR HANDS.
- Go to clinics & syringe exchange programs

HANDWASHING

- The **BEST** way to prevent infection & disease is handwashing.
- The **BEST** way is to wash your hands for 10 seconds with soap & water rubbing your hands.



For Treatment and STD Testing, Call:

(providers place information here)

What's in the Kit

Mouthpiece- This is the most important thing in the whole kit. A cut spark plug fits nicely onto a stem

Rubber bands- wrap around the end of the stem to prevent lip burns. (Although, when heated they can melt & snap).

Condoms- 4 lubed, 4 non-lube. Use non-lubricated for oral sex.

Triple Antibiotic Ointment- first aid for sores. Do not use for burns.

Alcohol wipes- 6 pads, use to clean mouthpiece when sharing.

Antiseptic Towelette- Use to clean off hands (and Johns if in sex work).

Choy- Used as a filter in stem. After repeated heating choy becomes brittle & hot pieces can be sucked into your throat, making an opening for the virus if performing unprotected oral sex. Change often.

Screen- 1 inch screens used as filter in stem. Better and lasts longer than choy.

Vitamins C, Multi, E- Vit. C will help lessen fatigue and crashing. Vit. E will help cuts, sores and burns heal. Multi vitamins are good for you.

CRACK SMOKERS (PIPERS)

Healthier Tips For Crack Users

There are risks associated with smoking crack. This pamphlet gives you some ways to do it safer.



For questions regarding this pamphlet, you can call (203) 785-2938 or email mark.kinzly@yale.edu