

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.

Your peers created this harm reduction pamphlet for you. Be safe.

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

Adapted from pamphlet by:
Vancouver Coastal Health, 2018
revised by OHRDP, April 2018

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.

Leslie Scal: The starting point for recovery is hope, not abstinence.

What to expect:

crystal meth

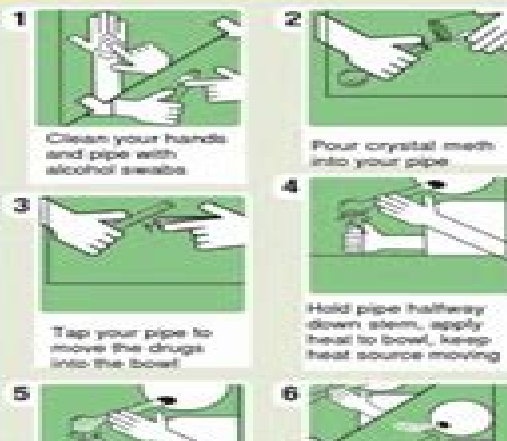
The high can:

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

Safer Crystal Meth Smoking



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

Crystal Meth Smoking Guide

IM Harris



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