

Remember!

Crack cocaine can wear down your body —at first crack cocaine increases your energy and sex drive and reduces your need to sleep but with consistent use cocaine can wear you down and cause a crash

The intense crash can feel like physical exhaustion, cold-symptoms and depression and anxiety

Try eating, sleeping and drinking plenty of water even if you don't feel like it—especially if you've been on a long run

If you can, choose to smoke crack cocaine rather than injecting—smoking is much safer because injecting cocaine damages the tissue and veins in your body.

You can get more information and safer use supplies at the following sites...

HEPPAC

Tuesdays 6pm—8pm

Fruitvale District

E. 12th & 23rd Ave

Oakland, CA 94606

Thursdays 6pm—8pm

Deep East Oakland

100th Ave & Pearmain St

Oakland, CA 94608

Fridays 11:30am—1:30pm

Qilombo

2313 San Pablo Ave

Oakland, CA 94612

Tips for Crack Cocaine Users



HIV Education Prevention
Project of Alameda County

5323 Foothill Blvd
Oakland, CA 94601



HEPPAC

Shooting Crack Cocaine

- Use a new sterile needle every time
- Use Vitamin C or ascorbic acid to break down crack cocaine rather than lemon juice or vinegar—which can carry fungus or bacteria that cause serious infections
- Rotate injection sites because injecting repeatedly, as is common, with cocaine use increase the likelihood of abscesses
- **Avoid skin popping if possible**—cocaine is not easily absorbed in body tissue and therefore skin popping increases the risk of abscesses



Cocaine Overdose or “Overramping”

- “Overramping” is what we call a speed or cocaine overdose—symptoms can be physical (fast heart beat, unable to talk, jerking limbs, etc) or psychological (paranoia, extreme anxiety, hallucinations etc) and can be **deadly**
- **Overramping can led to seizure, stroke, heart attack and overheating**—these must be responded to by calling 911
- The best way to prevent overramping is to be healthy—see a doctor regularly, check your heart and don’t let runs go for too many days without getting some sleep
- Speedballing (mixing cocaine with opiates) increases your risk of overdose because your body is receiving mixed signals

Smoking Crack Cocaine

- Smoking crack can lead to sores or burns on your lips which can transfer blood onto a crack pipe—there’s potential to spread Hepatitis C by sharing pipes
- If you are sharing a pipe use your own cover or mouthpiece to avoid infection and burns
- **Use Copper Chore Boy rather than steel wool**—other filters become brittle when extremely hot and you inhale the steel pieces into your lungs
- Replace Copper Chore Boy or pipe filters as often as possible
- Keep yourself hydrated and your lips moisturized to avoid and heal burns