Map 01/Harm reduction
Crack cocaine

- Constricts blood vessels and blood pressure
- Heart attack
- Stroke
- Worse with alcohol

- Fluid build up or bleeding into lungs
- 'Foreign bodies' may get trapped
- Smoking damages lungs' cleaning mechanism 'crack lung'
- Ammonia or aluminium poisoning

- Paranoia
- Anxiety
- Depression and suicidal thoughts
- Delirium (confusion)
- Psychosis

- Poor diet and weight loss
- Poor immune system
- Problems in pregnancy
- Liver damage

Harms caused

Crack cocaine

Preventing harm

Equipment

- Avoid smoking from plastic or tin pipes – fumes can cause lung damage
- Don’t share pipes – this will increase the risk of contracting Hepatitis C through mouth sores or burns

Look after yourself

- Smoke can damage your lungs – hold it in for as little time as possible
- Use Vaseline or lip salve to keep your lips moist
- Drink plenty of water
- Eat before using

Use as little as possible

- Take breaks between each smoke
- The effect goes down after the first hit – try to buy less each time to reduce wastage

Client name: ___________________________  Keyworker: ___________________________  Date: ___/___/___