**Smoking**
- Don’t share pipes
- Moisturize lips with Vaseline and drink water to stop dehydration
- Taking breaks between smokes gives you more control
- Don’t use plastic or tin-can pipes
- Don’t hold the smoke in for too long

**Snorting**
- Don’t share straws
- Snorting isn’t necessarily safer - it also affects your health
- Alternate nostrils
- Wash out nostrils after use

**Injecting**
- Never share any equipment
- Limit your heroin use when speedballing
- Use citric to break down crack for injecting
- Cocaine numbs the injection site
- Don’t skin pop

**Reduce risk of Hep C**
- Avoid nasal damage
- Avoid lung damage
- Avoid vein damage

Client name: __________
Keyworker: __________
Date: __/__/__

How useful was this map and discussion? __________
Comments: __________