

### Safer Crack Smoking ~ TIPS

1. To make your stem last longer, move the flame along the whole stem. Let the stem cool down before using it again. This will help stop breaking and cracking.
2. Always use your own stem. Infections like HIV & hepatitis can be spread by sharing. If you have to share, always use your own mouthpiece.
3. Place your screens in your stem. Pack them down. After smoking continue to pack down screens. Brillo® can cause serious damage and bleeding to your mouth and lungs.
4. Protect your lips by covering your stem with a mouthpiece.

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- 5. Use a wooden push stick to pack screens. Plastic is toxic when melted and a metal push stick can chip the stem.
- 6. Protect yourself by using condoms and lube to prevent infections and diseases.
- 7. Drink lots of water to prevent headaches and dehydration. Take a multi vitamin. Rest and sleep whenever you can.
- 8. Don't use someone else's stem.
- 9. Take care of yourself.



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