

# You can avoid getting HIV; hepatitis; STIs.

Use condoms or latex  
every time you have any  
kind of sex.

Avoid cutting or burning  
your lips.

Avoid sharing pipes/stems  
with others. If you have  
to share:

- Wipe the end before using someone else's.
- Use your own rubber band or other material to cover the end.

Protect chapped lips with  
Carmex, Chapstick, Vaseline,  
Crisco, or whatever's  
on hand.

Thanks to Danielle German  
at Atlanta H.R. Center  
for sharing this information.

**This brochure produced by**

**THE CHAI PROJECT  
PO Box 1470  
New Brunswick, NY 08903  
Ph:732/247-7014**

**Cocaine  
Smokers**

**Protect  
Your  
Health.**

**You're  
Worth  
It,**

Check out some suggestions for staying  
healthy, avoiding HIV/AIDS, and making  
paraphernalia choices

# Did you know?

Smoking cocaine has been linked to high rates of sexually transmitted diseases, including HIV/AIDS. Lip cuts and burns can make it easier to get HIV and other diseases, especially if you share stems/pipes or have oral sex without condoms or dental dams. Many other cocaine smokers have

told us how they avoid hurting their lips and getting HIV/AIDS or sexually transmitted infections (STIs).

## How?

Check out some of the suggestions they had to offer

### SOME PARAPHERNALIA TIPS

#### Basic info:

- If you can, choose glass stems instead of metal.  
They won't cause burns as quickly.
- Wrap end of stems with rubber band, thick rubber, piece of tape or paper, paper part of matchbook, or hold with a clothespin so that you're less likely to hurt your lips or catch someone else's germs.
- Clean all the parts of your paraphernalia frequently.

#### With glass stems:

- Push cocaine residue while the stem is cool.
- Try to carry your pipe carefully.
- File edges of broken glass stems until the surface is smooth.
- Be careful with shorter glass stems; they get hot faster.
- Replace them when they get too hot.

#### With choy:

- Replace as often as possible.
- Make sure it's secured tightly inside stem.

(Note: Yes, we know that people use lots of other things besides stems to smoke. However, most people seem to prefer them. Please feel free to address questions about other types with our staff.)

## Try not to use a stem while it's really hot.

Allow time for it cool before using it again.

Carry more than one with you. Touch flame to stem briefly instead of concentrating heat.

Move flame along stem to spread out heat.

*\*\*All of these will make your rock last longer, too.\*\**

## Try to keep your wits together while using.

Take breaks between hits.

Drink a soda or beer while smoking if that helps to soothe you.

Try to smoke in a safe setting with people you trust to avoid feeling paranoid