

OVERAMP PREVENTION TIPS

With meth use, there's a risk of overamping, aka physical and/or psychological effects that negatively impact or endanger an individual. Here are some ways to prevent overamping:

KNOW/MANAGE MEDICAL CONDITIONS

Certain conditions like endocarditis or other heart/circulatory issues can increase risk of medical emergency. Get a medical check-up and take your prescribed medications to manage preexisting conditions.

ASK QUESTIONS AND TEST FOR FENTANYL

Buy from a source you trust and feel comfortable asking questions about effects and cuts. Check for fentanyl with a test strip.

USE IN A SAFE PLACE WITH FRIENDS

Symptoms can be worsened by being with people you don't know or trust, or by using in a place you don't feel comfortable in. If your friends are using too, take turns so one of you can respond if needed.

SLEEP, HYDRATE, AND EAT!

Try to get 8 hours of sleep, drink a few cups of water, and eat a nutritious meal beforehand. If smoking, use lip balm to prevent cracks/burns!

TAKE A TEST DOSE

Do a small amount first to gauge drug strength--you can always do the rest after.

SWITCH UP THE WAY YOU'RE USING

If you're getting a bad reaction from one route, try a different route of use.

HAVE A QUESTION ABOUT SAFER METH USE?

Email us your drug education questions at info@onpointnyc.org

WHAT'S "SAFER METH USE?"

When we talk about safer meth use, we mean taking any steps to help prevent injury, infection, and overdose/adverse reactions. This includes using less-invasive routes and before/aftercare.

COMMON ALTERNATIVES TO INJECTION

Guides for each are included in this brochure!

SMOKING

Since you feel effects from smoking immediately, this route makes it easy to find a dose that works for you! Be careful of burns and use your own mouthpiece (see guide for alternatives).

SMIFFING

Effects are felt in 2-5 min. Crush crystal into fine powder and use saline/water to rinse nostrils afterward to prevent injury.

BOOTY BUMPING

Effects are felt in 15-20 min so you'll have time to leave the bathroom/other private space before you feel the full effect, which means someone could respond if you need help!

HOT RAILING

If you have a glass stem, this non-invasive option can be simpler than smoking. Be careful of burns!

OTHER ALTERNATIVES

Not included! Email or ask our staff for more info.

SWALLOWING

Least invasive option with longest onset of action (20-70 min) so plenty of time to get to a public space in case you need help! However, its slower onset means it can be more difficult to dose.

HOT KNIFING

This involves two butter knives and a stove with coils. Effects felt immediately, which helps gauge your ideal dose. Be careful of burns!



SAFER METH USE

VISIT US!

Washington Heights Drop-in Center: 500 W 180th St
East Harlem Drop-in Center: 104-106 E 126th St

SAFER SMOKING

1. Clean hands with warm water and soap or alcohol pads.
2. Pour desired amount of drug into the bowl.
3. Tap pipe to move drugs into bowl.
4. Fit mouthpiece onto pipe.

TIP: Don't share mouthpieces! It increases infection risk. If you don't have one, cover the stem tip with tape, rubber bands, band aids, or a tourniquet.

5. Apply low heat while turning bowl. While doing so, make sure that the flame does not touch bowl.

6. Once you see vapor, continue heating and inhale slowly, then exhale immediately.

NOTE: Holding in won't get you more high and can damage your lungs.

TIP: The bowl will be very hot so handle with care. Set it down between hits to prevent burns.

HOT RAILING

1. Clean hands with warm water and soap or alcohol pads.
2. Disinfect surface where you'll be preparing drugs with alcohol pads.
3. Pour drug onto clean surface, either as a bump or line.
4. Heat tip of glass stem until it's red-hot (be careful to not burn fingers!).
5. Immediately place heated end over your bump/line to vaporize meth.
6. Bring unheated end close to nose (be careful not to burn yourself!) and inhale vapor.

SAFER SNIFFING

1. Clean hands with warm water and soap or alcohol pads.
2. Get freshly cut straw (about 2.5 inches long) or roll fresh post-it note. Avoid dollar bills, keys, and fingernails since they're covered in dirt and bacteria, which you'll end up sniffing up your nose!

3. Disinfect surface with alcohol pads or set down clean sheet of paper where you'll be preparing your drugs.

4. Disinfect card/razor with alcohol pads.

TIP: If using a card, try to avoid older cards or one that goes through a lot of hands and/or machine swipers (credit cards, Metrocards, etc).

5. Pour desired amount of drug onto clean surface.
6. Chop drug up as finely as possible to avoid nasal irritation/injury.

TIP: Place the drug inside a freshly folded piece of paper and use a hard object (like a lighter or phone) to press firmly along the paper's surface.

7. Use card/razor to cut lines as thinly as possible to prevent nose damage/clogging.

8. Insert straw far up one nostril and press other nostril closed with finger. Use straw to sniff freshly cut line.

9. Switch nostrils between lines to keep one nostril from getting too irritated/congested.

10. Rinse nostrils with saline/lukewarm water after sniffing to prevent injury and infection.

BOOTY BUMPING

1. Clean hands with warm water and soap or antiseptic wipes.
2. Disinfect surface or set down clean sheet of paper where you'll be preparing drugs.
3. Pour desired amount of drug into fresh cooker.
4. Remove needle from "blue tip" syringe.
5. Add sterile water to cooker using fresh "blue tip" syringe.
6. Mix until dissolved. It's okay if undissolved pieces remain.
7. Draw mixture from cooker into syringe.
8. Wipe anus, front to back, with an antiseptic wipe to clean and wipe away hairs.

TIP: Add drop of water soluble lube to syringe tip if worried insertion will be uncomfortable.

9. Insert syringe barrel as far as you can, and then a bit more. Push plunger to booty bump!

PREVENT INFECTION

Infection is possible with any route of use. Follow these tips to minimize infection risk:

DO NOT SHARE EQUIPMENT!

DISINFECT HANDS, SURFACE, AND SUPPLIES BEFOREHAND!

USE NEW SUPPLIES/REPLACE OFTEN!