

WASHINGTON HEIGHTS CORNER PROJECT

Who gave you this kit?

The Washington Heights CORNER Project (WHCP) is an office and street-based outreach program.

We are a HARM REDUCTION program, which means that we don't make judgments on your personal choices but will help you stay safe and minimize the risk that those choices may have on your body, mind and spirit.

We offer **FREE** syringe exchange services, safer smoking supplies and safer sex supplies.

In addition to these services, we also provide referrals for any services you may be interested in. This includes, but is not limited to, drug treatment, support and counseling, healthcare, shelter, legal and other services you may need.

You can obtain more of these kits and learn more about our program by coming into the office or speaking to one of our staff or volunteers during outreach hours.

Outreach Hours

(175th to 181st from Wadsworth Ave over to below the GW Bridge)

Monday - Friday 10AM-11AM

Monday/Tuesday/Thursday 6PM-7PM

Friday 2PM-4PM

Call our outreach phones if you can't find us:

English: (917) 504-9931

Spanish: (917) 569-4877

Office Hours & Location

76 Wadsworth Avenue, Ground Floor (@ 176th Street)

Monday-Wednesday-Friday 9AM-5PM

Tuesday-Thursday 9AM-6PM

Sunday 9AM-3PM

FUCK SAFE. SHOOT CLEAN.

www.cornerproject.org

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SMOKING TIPS

Smoking crack does **NOT** mean you have to lose control of your life!

Smoking crack can be rough. Lots of people lose their jobs and spend all of their money, get burned by tricks, or forget about their lives before they used drugs.

Many others have managed to smoke without any of this happening.

Check out some suggestions for saving some **\$\$\$**, keeping a **job**, staying **safe** and keeping your **life** together.

\$\$\$ Tips

Try to keep a legal job

Smoke at times that will allow you to be sober at work

Use only on the weekends

Buy necessities (like food!) before crack

Ask non-drug using friend to hold your money
When the money you have for crack is gone, stop using!

Try to open a bank account

Savor the first hit so you don't have to spend so much for more

Take breaks between hits

Touch flame to stem briefly and move flame along stem to make a small amount of crack last longer

Safety Tips

Try to stay in a safe setting with people you trust
Use crack from a source you trust: smoke only a little bit first if you're not sure about its purity
When you want to say no to using more, say no!
Keep pace with yourself instead of others-- decide for yourself whether you want to use more
AVOID AREAS AND PEOPLE that you smoke with when you're trying **NOT** to get high

Hide drugs or pipes when you're not using them
Consider drug treatment and supportive counsel-

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SAFER SMOKING KIT

What's in this kit & how does it protect me?

Rubber Step Tip -- Used at the end of the crack pipe. A hot stem can burn and crack the lips which can cause bleeding. Coming in contact with even small amounts of blood can put you at risk for HIV & HCV.

It's best to use your own rubber stem tip!

Chore Boy -- Used inside a crack pipe. Copper Chore Boy is much better than fine steel wool that can release carcinogens and also become brittle and become easily inhaled.

Gum -- Used to help preserve tooth enamel as smoking crack reduces salive production and may lead to tooth decay. Sugar-free gum containing Xylitol (like the kind in this kit!) will help to keep salive production up and prevent your teeth from decay.

In addition to gum, drink lots of fluids!

Alcohol Pad -- If you have to share a pipe, these can be used to clean off the pipe to prevent possible bacterial transmission.

Bandage -- Used to protect and cover any sores, cuts and burns.

IF you have a cut or burn that is not healing and appears infected, seek medical attention.

Condoms -- Used for oral/vaginal/anal sexual activity to prevent exchange of sexual fluids. These come in many varieties-- take your pick! Non-lubricated and flavored may be preferred for oral sex. Use a new condom each sexual act!

Lubricant -- used with or without condoms to minimize friction during sexual activity and, therefore, minimize the changes of getting small tears in the vaginal and rectal cavity that can make STI/HIV/HCV transmission more likely.

Towelette -- used for cleaning hands or other body areas to wipe away body fluids and/or bacteria.