

CHASING THE DRAGON

An alternative to injecting heroin...some of the time or all of the time

Chasing the Dragon is a way of smoking heroin. It started in Hong Kong in the 1950s. It's called 'chui lung', which means 'chasing the dragon'. It's called this because the spiralling smoke looks like a dragon's tail.

Chasing the Dragon can be safer than shooting up. When you shoot up, everything goes into your blood stream, not just the heroin but also anything it's been cut with, plus germs, viruses, dirt, bacteria, etc. It's the shit and bacteria that cause a lot of misery and suffering, such as abscesses, the shakes, cotton fever and blood poisoning.

Using a cotton filter gives you some protection against some of these substances, but a lot can get into the needle and then into your blood stream anyway.

If you 'chase the dragon', these toxic substances don't go directly into your blood stream. Your lungs work as an extra filter. Smoking is a safer way of using heroin than injecting.

Remember: Although there is a minimal risk of overdosing when you 'chase the dragon', heroin is addictive whether you smoke it, inject it or snort it.

Be careful! If you have lung or breathing problems (like asthma), Chasing the Dragon may cause a severe asthma attack. If you are unsure of whether or not you have a lung condition, check with your doctor.

Chasing the Dragon prevents:

- Vein damage
- Cotton Fever
- Hepatitis B & C
- HIV/AIDS

How to 'Chase the Dragon':

1. Make sure your hands are clean – wash them thoroughly with soap and water before you use.
2. You will need:
 - A straw (2-5 inches long) for inhaling the smoke
 - A rectangle of foil paper (about 5 inches by 3 inches) that is not wrinkled
3. Heat the foil paper with a lighter to clean it. Wipe it smooth with a clean Kleenex after you've heated it.
4. Fold the foil paper in half, making a 'V' shape (45 degrees).
5. Put a small amount of heroin at one side of the bend in the foil.
6. You are almost ready to smoke. Have the straw ready in your mouth.
7. Hold the foil on a small angle with the heroin at the top.
8. Light a flame under the foil – keep the top of the flame ½ inch below the heroin and the foil.
9. The heroin will turn into a drop of liquid when it is heated. The drop will move on the foil. Follow it with the lighter underneath and the straw above.
10. Inhale the smoke slowly as it rises off the foil.

About the materials:

Foil from cigarette packages or chocolate bar wrappers is generally not recommended. It is easily burned through and often coated with harmful substances that are hard to burn off. Household aluminum foil is recommended. The thicker it is, the better. Remember: you must burn off the protective coating on the surface of the foil (see Instruction #3).

REMEMBER - IT IS ALWAYS SAFER TO USE WITH A FRIEND!

Source: *Chasing The Dragon: An alternative to injecting heroin...some of the time or all of the time.* The F.U.N. Group (Finally Understanding Narcotics). May 19, 1997.