

# COCAINE

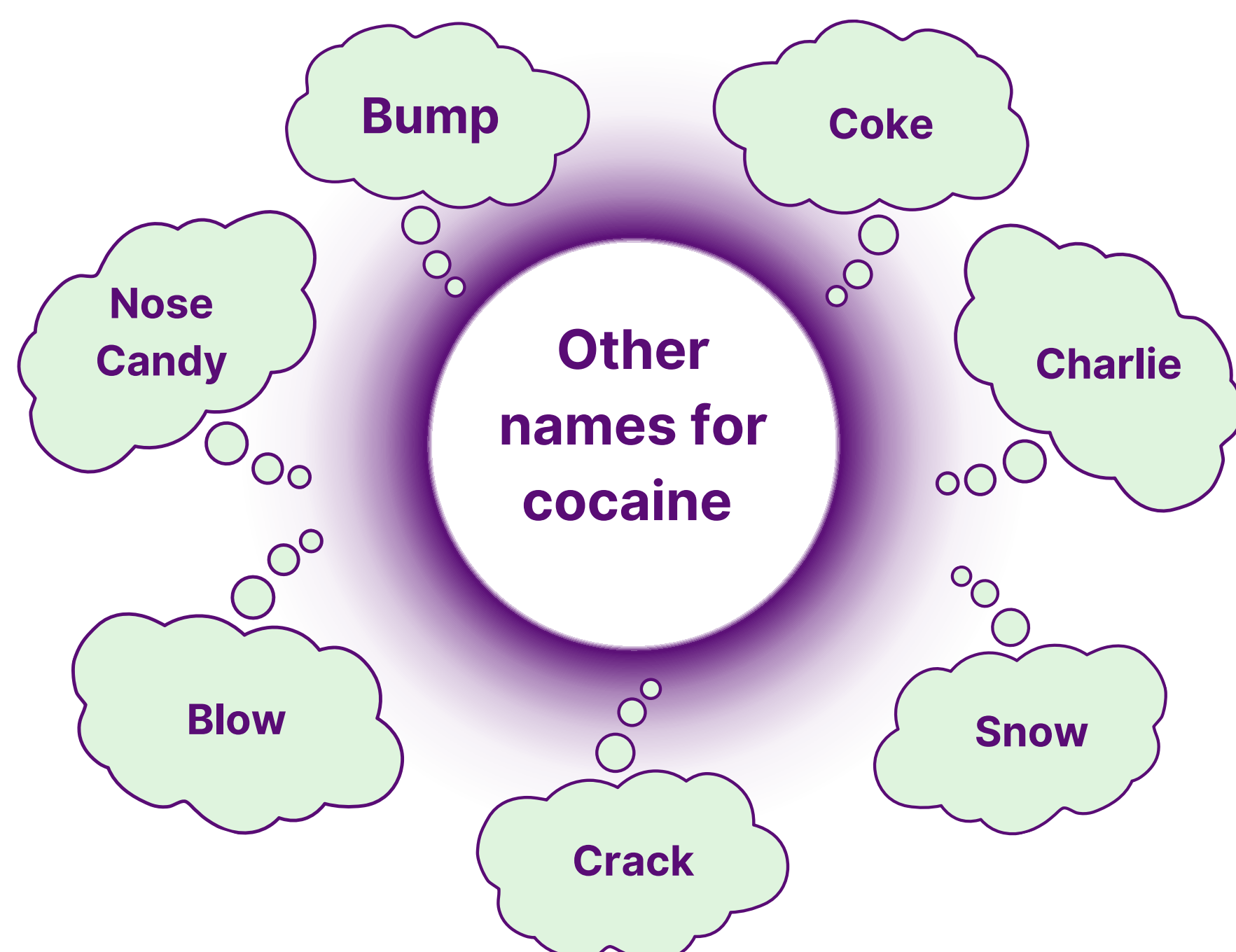
## WHAT YOU NEED TO KNOW

### What is it?

### Cocaine is a powerful stimulant

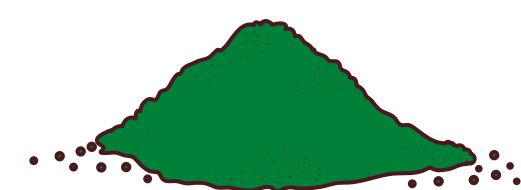


Cocaine comes in a white powder, or crystals (called crack). Cocaine is known for its fast onset of effect, and people enjoy it because of how stimulating it is. It can be laced with additives such as opioids. It's hard to tell the substances in your cocaine by just looking at it.



### How is it used?

Cocaine can be injected, snorted through the nose, or smoked.



### What are the effects?



Cocaine can make you feel restless and agitated. It may lead to aggression.



Cocaine puts extra stress on the heart. It can cause the heart to race and beat inconsistently. Long term use raises the risk of heart attack.



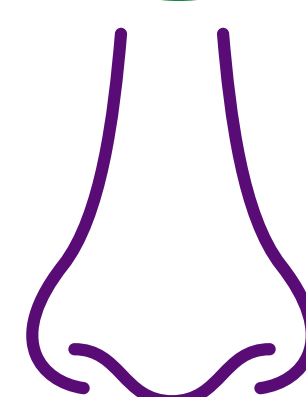
Injecting cocaine increases your risk of skin infections, HIV and Hepatitis C.



Smoking cocaine can permanently damage your lungs. You can develop lung infections such as bronchitis or pneumonia.



Cocaine can make it hard to sleep. People who use cocaine regularly may lose a lot of weight from not feeling hungry.



Snorting cocaine can cause nosebleeds. The tissue between your nostrils may become permanently damaged, changing your sense of smell. You may develop sinus infections more easily.

# COCAINE

## When do you seek emergency help?



**Cocaine overdose or poisoning:** The result of taking too much cocaine, or combining it with other substances like alcohol

**Signs:** Chest pain, shortness of breath, sweating, and a weak pulse. Shakiness can progress into seizures and unconsciousness

**Get help right away!** This is a medical emergency

### Did you know?

Mixing cocaine with alcohol forms a dangerous substance in the body, called cocaethylene. Cocaethylene can damage your heart, liver, and other important organs.



## How to stay safer?

- 1 **Not using** cocaine is the best way to stay safe, but that may not be realistic for everybody.
- 2 **Timing matters:** Don't use cocaine before **work, school, or driving**. It affects concentration and reaction time.
- 3 **Plan for safety:** Have a ride planned for after you use cocaine. Consider bringing condoms if sex is a possibility.
- 4 **Start small and use moderately:** Try a small amount first to see how it will affect you. Regular use can affect your health and relationships
- 5 **Don't mix!** Mixing substances can make it hard to keep track of how much you've taken. You may take too much without realizing it, or get harmful side effects
- 6 **Keep it new:** Infections such as Hepatitis can be passed through shared needles. Homemade supplies can increase your risk of hurting yourself and infection.
- 7 **Don't use alone.** Have a friend with you in case you need help

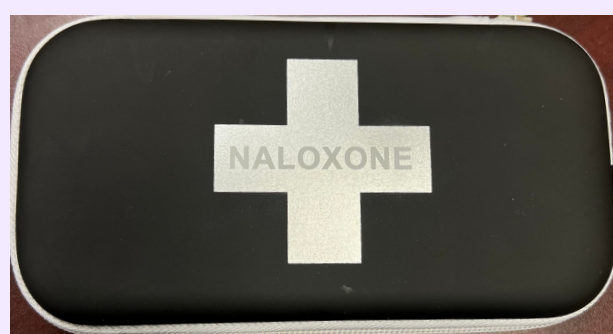
## Naloxone Kits

Naloxone can save your life!  
It temporarily reverses the effects of opioids that may be mixed into cocaine.

Check out our naloxone instructions [here!](#)



Call 811 to find out where to get a free kit



For more information visit us at:  
[www.DECYDE.ca](http://www.DECYDE.ca)

**SWAP** provides proper supplies for injecting, smoking, and snorting drugs.  
To find out more, call or text **709-757-7927**.

These documents are intended to support educators in their delivery of drug education. They are not for direct student use unless deemed developmentally appropriate.

References:

1. Government of Canada. (2023). *Cocaine and Crack*. <https://www.canada.ca/en/health-canada/services/substance-use/controlled-illegal-drugs/cocaine-crack.html>
2. Li R, & Leffers P, & Doering P.L. (2020). Substance use disorders I: depressants, stimulants, and hallucinogens. DiPiro J.T., & Yee G.C., & Posey L, & Haines S.T., & Nolin T.D., & Ellingrod V(Eds.), *Pharmacotherapy: A Pathophysiologic Approach*, 11e. McGraw Hill. <https://accesspharmacy-mhmedical-com.qe2a-proxy.mun.ca/content.aspx?bookid=2577&sectionid=231921773>
3. Nelson, L. S., Odujebi, O. (2023). Cocaine: Acute Intoxication. *UpToDate*. Retrieved on 25 July 2023 from [https://www.uptodate.com/contents/cocaine-acute-intoxication?search=cocaine&source=search\\_result&selectedTitle=2~150&usage\\_type=default&display\\_rank=2#H17](https://www.uptodate.com/contents/cocaine-acute-intoxication?search=cocaine&source=search_result&selectedTitle=2~150&usage_type=default&display_rank=2#H17).



Empowering Youth to  
**DECYDE**

