

## STAY SAFE

- > Don't share straws or noses, this can lead to the spread of infections
- > Make the powder as fine as possible before snorting
- > Place your straw high up the nostril
- > Alternate nostrils to lessen damage to one side
- > If your nose is bleeding, take a break
- > Take general care of the nose and use nasal spray to clean out the nose after a session.

## STAY IN CONTROL

- > Use less cocaine in each line and space out the time between lines
- > Only buy what you are going to use during a session. Don't buy 'some for later', 'later' will only become 'now'.
- > When you have finished a session, find something to keep you busy, that doesn't remind you of cocaine. This could mean a different place or visiting friends that don't use cocaine.
- > Cocaine will reduce your need to sleep or eat, which in turn can affect your physical and mental health, try to eat a healthy diet and get enough sleep, it will make you feel better.
- > Don't mix cocaine with other drugs, including alcohol. This can lead to dependence on several drugs and increase your risk of overdose.

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COCAINE  
A FEW LINES



## COCAINE

Cocaine (Cocaine Hydrochloride) is a white powder, extracted from the leaves of the coca plant.

## HOW IT IS USED

Cocaine is normally sniffed through the nose (snorted), although it can be injected or smoked, when turned into 'freebase' or 'crack cocaine'.

## THE LAW

Cocaine is categorised as Class A drug under the Misuse of Drugs Act and is illegal to have, give away or sell. Possession can get you up to seven years in jail. Supplying someone else, including your friends, can get you life and an unlimited fine.

## PHYSICAL EFFECTS

Cocaine makes you feel confident, exhilarated, excited and alert on the way up and can make you feel paranoid, aggressive and anxious on the way down.

Physical effects include increased heartbeat and breathing faster, raised blood pressure and body temperature.

The effects, when snorted, start within a few minutes and will last approximately 60 to 90 minutes

The effects can depend on lots of things such as how much you use, your mood, your size, how often you have used cocaine before and what other drugs you have taken.

## PHYSICAL HEALTH

Cocaine increases blood pressure damaging the blood vessels close to your heart which can narrow or close down. This is not good!

Cocaine can cause overheating especially if you are mixing it with other stimulant drugs, risking seizure or fit.

Snorting cocaine damages the inside of your nose causing inflammation and bleeds. This can allow the passing of viruses such as Hepatitis and HIV from shared straws or bank notes, or any other snorting devices, more likely.

## MENTAL HEALTH

Cocaine screws up the chemicals in your brain which affect your mood. The more you use the more you are likely to experience anxiety, depression and paranoia.