

COCAINE

Charlie, Snow, Coke

Toot, White, C, Snowflake

Dust, GoldDust, Percy

DID YOU KNOW ?

Cocaine is a white powder derived from the leaves of a coca shrub, a plant that grows in south America.

COCAINE & THE LAW

Cocaine is a class A drug, the maximum penalty for possession is 7 years in prison, an unlimited fine or both. For supply and production, the maximum penalty is life imprisonment and an unlimited fine or both.

History

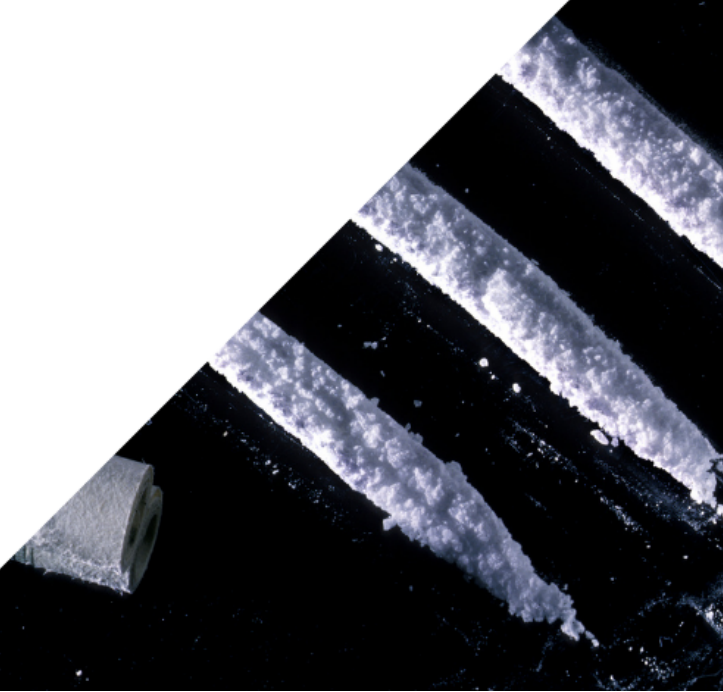
Cocaine was first used in 1855, it soon became a popular stimulant. Small amounts were even used in Coca-Cola until 1904.

Method of use

Snorted or injected.

Apperance

Cocaine hydrochloride, also known as charlie, snow or coke, is a white crystalline powder typically 45 - 50% pure, with the balance usually made up of sugar.



THE EFFECTS

Powdered cocaine is a stimulant similar too amphetamine which raises the blood pressure, heart-rate and body temperature whilst suppressing sleep and appetite.

Alcohol and cocaine combine to form a dangerous chemical called Cocaethylene.

The user may feel more euphoric, confident and serene but the effects are much shorter lived at up to 40 minutes.

The more cocaine used, however it's taken, the more panicky, paranoid or aggressive the user may feel, especially when coming down.

Heavy and sustained use might give rise to psychosis which can include hearing voices and feelings of persecution.

With regular use of cocaine, you will build up a tolerance and will need more cocaine each time it's used to have the same effects. The more cocaine used the higher the risks of seizures, strokes and lung disease.

Cocaine Harm Reduction

START LOW AND GO SLOW

MIXING

Avoid mixing cocaine with other drugs but especially stimulants and alcohol. Drinking water keeps you hydrated and makes you less likely to mix cocaine and alcohol.

FRIENDS

As with all drugs, it's safest to be around friends you know and trust if you plan on using cocaine.

SNORTING

Sniffing can easily corrode and damage the nostrils. Sharing snorting tools can spread infections such as blood-borne viruses. Avoid using bank notes as these can be dirty and cut the inside of your nose. Paper straws are a good alternative to banknotes. Use different nostrils when snorting.

SIGNS OF AN OVERDOSE

Heart going too fast, a very high temperature, feeling sick and vomiting, chest pains, seizures, or panic and anxiety. If you think you or someone else is having an overdose, call 999 straight away.

INJECTING

Avoiding injecting cocaine will by-pass many of the serious health risks. However, because of the risk of HIV infection, if cocaine is injected, injecting equipment must NEVER be shared with anyone. The only guarantee of safety from hepatitis or HIV infection is a new disposable syringe and needle for each person concerned.

CUTTING DOWN OR QUITTING



Look for any triggers, it might be when you drink or are with certain people.



If you usually use cocaine when drinking, you might find it helpful to cut down on alcohol too.



Work out how much money you spend on cocaine each month and make a plan on the other things you can spend that money on.



When you go out take a limited amount of cash out with you and leave your bank cards at home so you're less likely to use cocaine.



Make a list of the reasons you don't want to take cocaine anymore.