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DRUG ACTION TEAM

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powder
COCAINE
a **handbook**

**I do feel more confident
chatting up women but
I know I look a bit mad
and sweaty sometimes**

**I love to take coke because
of the way it makes me feel
but my mates keep telling
me that all I do is talk shit**

the **positives**

- * You get high very quickly.
- * Its effects are powerful (but only last 30 minutes or so).
- * It makes you feel strong, alert, wide awake, energised and happy.
- * You feel confident and lose your inhibitions.
- * You feel sexually aroused.

You don't want to be around anyone when you're on a bad comedown. It's worst for me after a few days – on a Tuesday or Wednesday I can feel suicidal

Normally I'm really easy going but coke can make me really paranoid and aggressive. I've got into so many fights because I've convinced myself that someone is starting on me

the **negatives**

- * You talk a lot – but don't listen to others.
- * You may feel confident and fabulous, but other people see you as sweaty, staring, pale and loud.
- * Increased aggression can lead to violence.
- * The comedown can leave you feeling anxious, confused, paranoid, and depressed for the next couple of days.
- * It's highly addictive. You begin to lose interest in everything else in your life – apart from doing your next line.
- * Negative effects on your mind and body (see later).
- * Can prevent orgasm.

I only ever take it when I'm drinking so I've got more energy. But now I'm starting to get bad comedowns. I get a bit paranoid sometimes and it's affected my relationships

did you **KNOW?**

- ✿ You never know how pure cocaine is which means you could be taking a lot more than you think.
- ✿ The risk of heart attack can increase by more than 20 times in the first hour after you have taken cocaine.
- ✿ You don't know how it will affect other drugs you may be taking. For example: coke & alcohol increases risk of heart attack by 24 times and is highly toxic; coke & viagra increases risk of heart attack.
- ✿ As many as 10% of patients diagnosed with Hepatitis C think they got it through snorting.



how does it affect your head

- Feeling alert, wide awake, energised, happy
- Confident with no inhibitions
- Impulsive decision making and poor judgement
- Impaired memory and less ability to learn
- Aggressive behaviour

AFTER-EFFECTS INCLUDE:

- Constant tiredness
- Anxiety
- Depression
- Lowered self-esteem
- Feeling down and low moods
- Financial headaches
- Cravings and urges to keep taking more that are difficult to resist

INCREASED RISK OF:

- Panic attacks, psychosis and schizophrenia

- Increased confidence
- Emotional outpourings
- Non-stop talking nonsense

- Loss of sense of smell
- Stuffy/blocked nose
- Repeated snorting of cocaine damages the lining of your nose leaving you more open to infection

- Blood and mucus is easily transferred on shared snorting straws/rolled up banknotes etc. Even tiny amounts are enough to spread diseases like Hepatitis B, Hepatitis C, HIV and MRSA

how does it affect your body?

- Breathing difficulties
- Increased risk of respiratory failure

- Increased blood pressure and heart rate
- Raised body temperature
- Weakening of the immune system

INCREASED RISK OF:

- Chest pains
- Seizures or convulsions
- Stroke
- Heart failure
- Particularly dangerous if you have an undetected heart condition

- Upset stomach, diarrhoea and vomiting
- Lack of appetite, which can lead to malnourishment

- Increased risk of liver failure or permanent liver damage

- Short-term sexual arousal
- Unsafe sexual behaviour
- Can prevent orgasm
- Long-term loss of interest in sex
- Affects hormonal balances (including menstrual cycle)
- Impotence
- Risk of Infertility

reducing risks

- * Mixing cocaine with other drugs (including alcohol) is unpredictable and can be dangerous.
- * Don't go it alone: friends help you when you come down or are anxious. Tell them what you're taking so that if one of you runs into trouble the others know what to do.
- * Cocaine users are much more likely to have impulsive sex. Always practice safe sex with a condom.
- * The next day you may feel tired irritable, anxious or depressed: eat and drink well and give your body a chance to recover fully.

safer snorting

- * Lines of coke should not be prepared on just any available surface eg toilets may have harmful germs.
- * Don't share straws; only use your own.
- * It's best to wash out your nostrils with warm salt water soon afterwards.
- * Sinus infections can be very painful and should be treated immediately.



the signs

Signs of overdosing on cocaine include confusion and dizziness with a dry throat. Also erratic breathing with short and deep gulps for air.

What to do if someone collapses or overdoses

- ✳️ **Don't panic.**
- ✳️ Turn them on their side to avoid choking – known as the recovery position. (see right).
- ✳️ **Dial 999** for an ambulance.
- ✳️ Don't leave them alone.
- ✳️ If you do have to leave to get help, make sure they can't roll over onto their back.
- ✳️ If you know what they've taken – tell the ambulance crew (if you have time, remove any drugs beforehand).

**action in an
emergency**

You won't get into trouble for having taken drugs – paramedics don't automatically call the police unless there has been a fatality

**your
action
could
save
a
life**



It makes you really greedy and selfish. When someone has some Charlie, you'll do anything to get in with them. And if you've got some, everyone wants to be your best mate. The whole vibe of a night out changes. No-one cares about anything but getting their next line. It's really disgusting seeing your mates behave like this – but you do it as well, you can't help it

is cocaine controlling you?

- * Did you start off buying it with your friends but now buy your own?
 - * Are you starting to notice the effect on your bank balance?
- DO YOU:**
- * go out just so you can take cocaine?
 - * find yourself doing more and more on a night out?
 - * try to give up but get back on it as soon as you go out?
 - * use coke at home on your own?
 - * think about cocaine even on days when you don't use it?

- * Cocaine is a Class A drug. Possession of cocaine is illegal. So is giving even a line away or selling it.
- * Possession can mean a prison sentence of up to seven years.
- * Supplying, or dealing, includes getting hold of it for your friends. It can result in a life sentence and an unlimited fine.
- * You can be prosecuted even if you are under 18.
- * If you have a drugs record you won't be able to get a visa to visit certain countries. eg the United States.
- * A drug record will seriously affect your job and new employers often require background checks.



**Where
to
find
help**

www.talktofrank.com

0800 77 66 00

free confidential drugs information
and advice 24 hours a day

www.lifeline.org.uk

0161 834 7160

provides a range of drug and
alcohol services

www.release.org.uk

0845 4500 215

free and confidential advice on
drugs and drugs law

www.adfam.org.uk

020 7553 7640

for concerned families and friends

www.cauk.org.uk

0800 612 0225

Cocaine Anonymous UK