

DO YOU USE COCAINE?

It is always
safest not
to take
drugs



If you decide
to use cocaine
remember:

- 1** When buying, know your source and avoid using alone
- 2** Use one drug at a time and never mix with alcohol
- 3** Start with a small test dose and leave at least two hours between use
- 4** Grind cocaine to remove clumps, use your own sterile straw and never share
- 5** Carry a condom - cocaine can increase your sex drive

If you experience mental health problems, high blood pressure, a heart condition or are pregnant you are advised not to use cocaine. Talk to a GP, mental health or maternity care team if you need help.

Some people can feel depressed or suicidal after they take cocaine. If you or a friend become unwell after using, call 112 and be honest with emergency services about what you think was taken.

For information and support on drugs and alcohol visit:
Drugs.ie or call the HSE Drugs and Alcohol Helpline on 1800 459 459
Monday to Friday 9:30 am - 5:30 pm

COCAINE OVERDOSE

Cocaine can raise the body's temperature, cause convulsions, a heart attack or heart failure. It is possible for cocaine users to die from an overdose.

With stimulant type drugs, the risk of overdose increases with the amount used. The risk of overdosing is also increased if cocaine is mixed with other drugs or alcohol.

Recognised signs of cocaine overdose are:

- Restlessness
- Pressured (very rapid, erratic) speech
- Change in behaviour
- Sudden rise in body temperature - feeling very warm or having hot skin
- Flushed face
- Muscle cramps
- Stiffness in arms and legs
- Confusion
- Seizure
- Increased motor activity
- Hypertension – high blood pressure
- Tachycardia
- Irregular heart rhythm
- Stroke
- Heart attack
- Unresponsiveness



Seek medical help if you or a friend become unwell or feel suicidal after using. Don't be afraid to get help and be honest with emergency services about what you think was taken.

If you are concerned about a substance that you or a friend have taken;

- Don't take any more
- Don't take other drugs or alcohol
- Put the person in the recovery position (if you know how)
- Call 112 and stay with the person – don't leave anyone alone