



Cocaine

HARM REDUCTION



The easiest way to stay safe is by not taking drugs.
However, if you still decide to use cocaine:

Dosage

#GoSlowStayLow - especially if it's your first time taking cocaine

Avoid frequent redosing - risks increase, and desired effects are reduced.
Effects can vary between individuals because of differences in body weight & tolerance.
Other drugs may be cut into, or missold as cocaine to make it more profitable to sell.
This means that strength can vary from one batch to another.

Avoid mixing with other drugs

Combining with alcohol increases risks - even at low doses

Taking cocaine with depressant drugs (eg. alcohol or benzos) can mask the effects of cocaine, increasing the risk of you taking too much.
Taking cocaine with other stimulant drugs (eg. MDMA, amphetamines) further increases the stress on your heart.



Sharing straws increases your risk

Used or dirty straws can transmit blood-borne viruses like hepatitis C

Snorting cocaine can damage the inside of your nose and lead to infections.
Used or dirty straws (or banknotes) introduces more dirt and germs into your body.
To reduce damage; make sure that the powder is finely crushed, alternate nostrils after each line
Gently rinse out your nose with clean, sterile water after each session to prevent further damage.



Long term use & things to look out for

Risks include dependency and other health complications

Cocaine use can be harmful to the heart - both in the short and longer term.
Onset or worsening of various mental health conditions (eg. paranoia, anxiety, depression).
Cocaine use can be highly habit-forming; longer breaks between sessions can reduce this risk.
If you're concerned then talk to a GP or local drugs service.



Ask for help if needed

Be aware of the signs of an emergency and know when to get help

Seek immediate medical help for: **crushing chest pain, non-responsiveness, seizures.**
Look out for the warning signs of a heart attack: **chest tightening, chest pain, shortness of breath.**
If you become concerned about someone's well-being always seek support
Pace yourself, know your limits & look after yourself and those around you.

The easiest way to stay safe is by not taking drugs; this guide is intended to minimise harm for those who decide to anyway.
Every effort has been made to ensure that the information in this infographic is in keeping with the latest harm reduction advice,
However, please use your own judgement & supplement with your own research whenever possible.

Nasal Cocaine Dosages provided by Psychonautwiki

- Light: 10 - 30 mg
- Common: 30 - 60 mg
- Strong: 60 - 90 mg
- Heavy: 90+ mg

additional resources:

- rollsafe.org
- psychonautwiki.org
- drugsand.me
- drugs.tripsit.me
- erowid.org
- drugscience.org.uk



www.WeAreTheLoop.org

Revised version 2.2.1