

# Cocaine alert



There have been reports about a dangerous batch of cocaine which may be in circulation across [add location].

## Ways of using cocaine which carry less risk

- **Have someone who could call for help if you overdose.** Use a buddy system – where one person waits until the peak effects have worn off before the other person uses.
- **Take one drug at a time,** as mixing with other drugs or alcohol can increase your risk of overdose. Taking cocaine and drinking alcohol together produces a toxic substance called cocaethylene, which can cause permanent damage to your liver and heart.
- Strength can vary between batches, so start with a small amount and wait before your next dose – **start low, go slow.**
- **Plan and measure your doses.** If you're going out, take only what you plan to use and go at your own pace.
- **Smoking crack cocaine** carries less risk than injecting it.

- **Use your own equipment** to help to prevent the spread of blood-borne viruses. You can get fresh equipment from any substance misuse service and many pharmacies.

## Signs of overdose include

- Panic, anxiety, or paranoia
- A fast heart rate
- A high temperature
- Nausea or vomiting
- Chest pain
- Tremors, seizures or unconsciousness

## Getting help

If you or someone you know wants online advice and help, you can access our confidential webchat at [wearewithyou.org.uk](http://wearewithyou.org.uk)



If you think someone has overdosed – or if someone passes out or falls asleep and you can't wake them up – put them in the recovery position, administer naloxone if you have it, and get help fast by calling 999. Tell emergency services what you know.

Drugs bought illicitly can contain a mixture of substances, including opioids. Naloxone reverses the effects of opioid drugs, so if you suspect someone has overdosed, **it's always best to administer naloxone.** If someone hasn't overdosed on opioids, naloxone won't harm them.

**withyou**

**wearewithyou.org.uk**