



### WHAT IS IT?

Cocaine is a stimulant or 'upper' drug that comes as a white powder. Street names include coke, charlie, ching. Crack is a form of cocaine that comes as crystal-like rocks and is smokeable. Street names for crack include rock and stones.



### HOW IS IT TAKEN?

Generally snorted in lines with a small tube or rubbed on the gums. In its 'crack' form it's mostly smoked. Both forms can be injected, but this is the most dangerous way of using it.



### KNOW THE LAW

Cocaine is a Class A drug. Possession can result in a fine and/or prison for up to 7 years. If someone is charged with 'supply', they should expect heavier fines and/or up to a life sentence in prison.



### DANGERS OF COCAINE

Cocaine can cause heart problems and increase the risk of stroke – mixing with alcohol increases these risks. If you have underlying heart problems, it's particularly risky. Cocaine can make you feel confident, and lead to making decisions you might not make normally.

# KNOW THE SCORE

# ABOUT COCAINE



### UNKNOWN RISKS

Cocaine can vary in strength and can contain other drugs and cutting agents, so it's difficult to know how strong each dose will be. The risk of dangerous side effects, including overdose, increases if the user has taken large doses, takes more quickly or uses it with other drugs or alcohol.



### HOW MUCH IS TOO MUCH?

Cocaine can be risky no matter how much you take. It's difficult to judge doses by eyesight alone and its strength can vary a lot. Many people experience cravings to take more which can lead to addiction.

### LOOK AFTER YOURSELF AND YOUR PALS

Don't feel pressured into taking drugs. It's important to stay with friends and make sure they get home safely. If a friend has taken cocaine and experiences bad effects, the quicker you can get them to medical help the better.



### WHAT TO DO IN AN EMERGENCY

Never be scared to ask services for help. If you think a friend is unwell from taking cocaine, call 999, wait with them, sit the person down loosening any tight clothing and calmly reassure them till help arrives.



### THE EFFECTS

Makes users' hearts beat faster and can make them feel confident, alert and talkative. After use, some people feel paranoid, anxious, low and depressed.



## WHERE TO GET INFORMATION, ADVICE AND SUPPORT.

For support in your area, search [scottishdrugservices.com](http://scottishdrugservices.com). For free, confidential advice call the Know The Score helpline on 0800 587 587 9 (lines open 8am-11pm, 7 days a week).

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