

## THINGS TO AVOID:

### Combination drug use

The effects of cocaine can be toxic if mixed with other substances.

### Being alone while using

Always have someone with you while you plan to use, in case of an emergency.

## BAD EXPERIENCE?

- Remove yourself or the person you know from a setting that may encourage further drug use.
- Have a buddy.
- If someone overdoses, call 911.
- Roll the person on their side (to avoid choking if they vomit).
- Stay with the person until help arrives.



## GETTING HELP:

### On-Campus Resources:

The AC Umbrella Project:  
[algonquincollege.com/umbrellaproject](http://algonquincollege.com/umbrellaproject)

Counselling Services:  
CONFIDENTIAL, non-judgmental, free  
counselling for students. 613-727-4723 ext. 7200.

Mamidosewin Counselling Services:  
CONFIDENTIAL, non-judgmental free  
counselling with an Aboriginal Counsellor.  
613-727-4723 ext. 7186.

Health Services: 613-727-4723 ext.7222

### Off-Campus Resources:

Rideauwood Addictions and Family Services:  
613-724-4881 | [rideauwood.org](http://rideauwood.org)

Ottawa Addictions Access and Referral Services:  
613-241-5202 | [saato.ca](http://saato.ca)  
Centre for Addiction and Mental Health:  
[camh.ca](http://camh.ca)

The Drug and Alcohol Helpline:  
1-800-565-8603 (Toll Free)  
[drugandalcoholhelpline.ca](http://drugandalcoholhelpline.ca)

Alcohol and Drug Information and Referral Service:  
604-660-9382

# SAFER COCAINE USE



**REDUCE YOUR RISKS  
OF EXPERIENCING PROBLEMS DURING  
AND AFTER USING COCAINE**

## YOU AND SAFER COCAINE USE!

Cocaine is a mind-altering drug that causes positive feelings. Due to the potential addictive nature of cocaine and its cost, it's important to know there are some tips to consider while using cocaine to help reduce your risk of harms and bad experiences.

### BEFORE YOU START:

#### Be clear about why you want to use

Is it going to help you in some way or make things worse? It's important not to use cocaine as a way of avoiding or coping with problems.

#### Know your dealer

Only buy when you trust the supplier. Cocaine can be cut with other substances, such as fentanyl, to cut down on production costs. It's best to choose someone you feel safe with and who knows about the drugs they sell.

#### Plan a safer environment

Before using, plan to be at a safer place for the duration of your high. Plan to have a sober ride home and make sure to buddy with a friend who doesn't plan on using. This can increase safety and support during your high.

## WHEN YOU'RE USING COCAINE:

- Stay hydrated and take multiple breaks.
- Bring your own equipment, such as a straw or post-it note. This will help limit the spread of infection.
- Finely grind cocaine to avoid damage to your nasal passage.

## THINGS TO CONSIDER:

#### Be prepared

If you're planning on snorting, have a clean straw to use and don't share with others. Being able to snort lukewarm water between bumps could also decrease the risk of nosebleeds.

#### Be aware of your health

If you have a known heart condition or family history of heart conditions, you should be aware that cocaine could increase the risk of heart attacks. Symptoms of mental illnesses, including depression, can increase when under the influence.

#### Buy less so you do less

If you're a first time user, only take a quarter of the amount suggested. Test how you react to the drug by using a smaller dose. Since everyone's body tolerates drugs differently, it's important to test how your body handles its effects.

