

TRY TO AVOID

Combination drug use

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

Being alone while using

It is best to use cocaine with someone else in case of an overdose.

OVERDOSE PREVENTION AND RESPONSE

- It is best to stagger your use, this way someone will be alert to help if any help is needed.
- Make sure you have Naloxone kits on hand (you can get them free at any pharmacy).
- If someone overdoses, call 911, (even if you have taken drugs, or have some on you, the good Samaritan law can protect you).
- Administer Naloxone.
- Stay with the person until help arrives.



GETTING HELP

Algonquin College Resources

The AC Umbrella Project:
algonquincollege.com/umbrellaproject

Counselling Services:
CONFIDENTIAL, non-judgmental,
free counselling for students.
613.727.4723 ext. 7200
algonquincollege.com/counselling

Mamidosewin Counselling Services:
CONFIDENTIAL, non-judgmental
free counselling with an Aboriginal Counsellor.
613.727.4723 ext. 7186
algonquincollege.com/mamidosewin

Health Services:
613.727.4723 ext.7222
algonquincollege.com/healthservices

Community Resources

Rideauwood Addictions and Family Services:
613.724.4881 | rideauwood.org

Ottawa Addictions Access and Referral Services:
613.241.5202 | saato.ca

Centre for Addiction and Mental Health:
camh.ca

The Drug and Alcohol Helpline:
1.800.565.8603 (Toll Free)
drugandalcoholhelpline.ca

Alcohol and Drug Information and Referral Service:
604.660.9382

**ALGONQUIN
COLLEGE**

Inspired By:

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Here to Help is a project of the BC Partners for Mental Health and Addictions Information. This brochure was developed by the Centre for Addictions Research of BC, a member of the BC Partners.

Umbrella
Project



**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

Try to only buy when you trust the supplier. Since cocaine are illegal, they 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

It's a good idea to have a friend who doesn't plan on using in case you need anything.

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 use 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.

Changing your relationship with cocaine

If you no longer want to use cocaine, it may be best to remove yourself or the person you know from a setting that may encourage further drug use.

