

SIGNS OF OVERDOSE

For Opioids

Feels like:

- Can't stay awake
- No energy or strength
- Can't walk or talk

Looks like:

- Slow or no pulse
- Slow or no breathing
- Snoring, gurgling sounds, choking
- Pale, cool skin
- Blue lips or nails
- Can't wake up or talk
- Tiny pupils
- Vomiting

For Cocaine

Feels like:

- Heart is pumping fast
- Short of breath
- Hot, sweaty and shaky
- Chest pain
- Nausea
- Faintness

Looks like:

- Fast or no pulse
- Fast or no breathing
- Hot and sweaty skin
- Confusion, anxiety
- Unconscious
- Vomiting
- Seizures

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).
- Try to wake the person up.
- Administer naloxone. Naloxone will not work for stimulant overdose (but will not harm).
- Stay with the person until help arrives.
- Roll the person on their side if unconscious.

SAFER USE PRODUCTS

For information on naloxone, drug testing kits, and safer use supplies, please scan the QR code:



GETTING HELP

Algonquin College Resources

The AC Umbrella Project:

algonquincollege.com/umbrellaproject

To learn about additional on-campus support, please scan the QR code:



Community Resources

AccessMHA

Accessmha.ca | 1.833.527.8207

ConnexOntario

connexontario.ca | 1.866.531.2600

Text CONNEX to 247247

Centre for Addiction and Mental Health:

camh.ca

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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

ALGONQUIN
COLLEGE

YOU AND SAFER COCAINE USE

Cocaine is a mind-altering drug that causes positive feelings. Using any illegal substance has additional risks because you never know for sure what's in it or how it was made. Due to the potential addictive nature of cocaine and its associated risks, it is important to be aware of these tips which could help reduce your risk of harm.

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 is illegal, it 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.

Eat something

You may not feel like eating when high.

Plan a safer environment

Before using, plan to be at a safer place for the duration of your high. It's a good idea to have a friend who doesn't plan on using in case you need anything or overdose.

Be prepared for overdose

Have naloxone on hand and ensure someone is going to check on you.

Clean your hands and any equipment

Use soap and water or alcohol swabs to wash away any germs that could be carried into the body via your consumption choice.

WHEN YOU'RE USING COCAINE:

- Start with a small amount and wait before adding more.
- 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.

DID YOU KNOW?

Eating when you are coming down will help you sleep.

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.

THINGS TO CONSIDER:

Be prepared

If you are going to use, have clean equipment to use and don't share equipment with others. Ensure that all equipment is intact.

Take care to reduce risk of bleeding/infection

If snorting, being able to snort lukewarm water between bumps could decrease the risk of nosebleeds. Lip balm and staying hydrated can help prevent cracks in your lips and mouth.

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.

