

Cocaine Powder Harm and Reduction

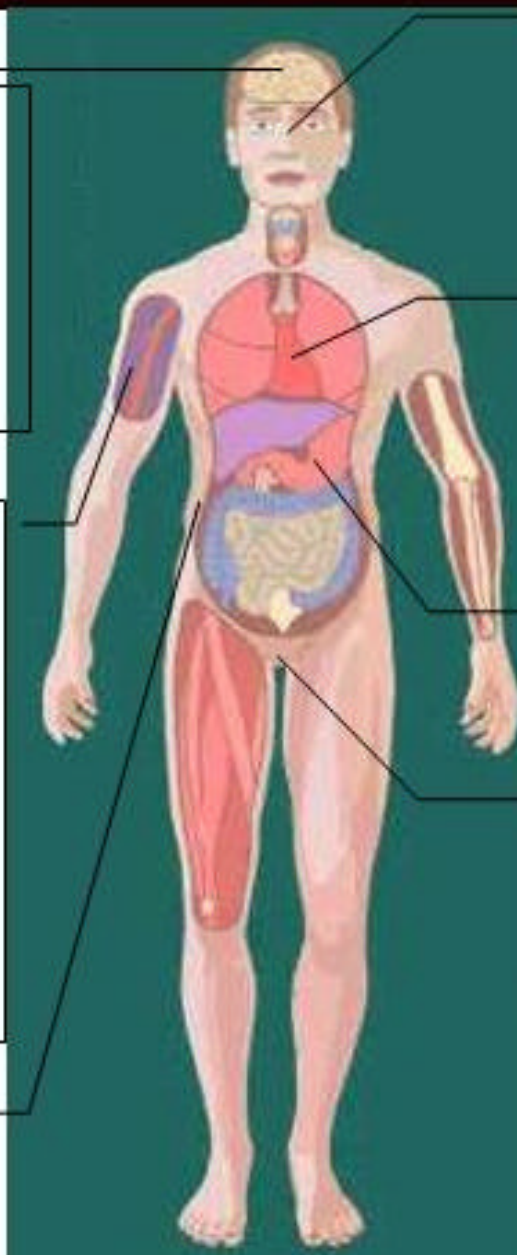
Anxiety, paranoia, psychosis, insomnia

Reduce intake
Try to ensure adequate sleep
Awareness of warning signs
Reduce or stop when becoming too anxious

Don't inject – snort, dab instead

Injecting complications:
Numbs injecting sites – Don't inject in to a numb site
Cocaine HCl/ - acidic
Don't share equipment
Don't acidify
Keep needle dry before injecting
Large number of needles for repeat injections

liver disease
Don't mix with alcohol



Damage to nose and gums and other membranes
rinse area after use
move to another area if bleeding
Don't share tubes

Heart Failure/high blood pressure
don't exert after using
Don't mix with stimulants
avoid if history of heart problems
Don't mix with other drugs which raise BP

Appetite suppression/weight loss
Breaks from use,
Good diet

Increased risk of unsafe sex
Use of condoms
Use of lubricant
Avoid using with viagra

Dependency:
Take breaks from use
Reduce frequency from use
Watch for self-medicating out of come-downs