

Cocaine Powder/Amphetamine 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

Injecting complications:

Numbs injecting sites; acidic

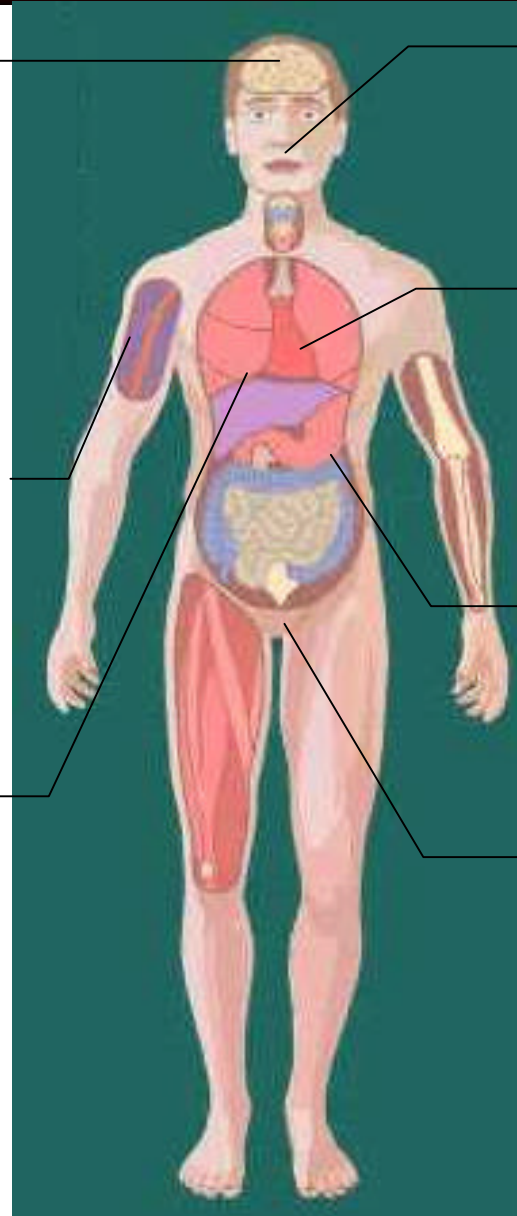
Don't share; don't acidify
Keep needle dry before injecting
Large number of needles for repeat injections

Liver disease

Don't mix with alcohol

Dependency:

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



Damage to nose and gums

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