



POWDER COCAINE AND CRACK OVERDOSE INFORMATION

Powder Cocaine and crack can raise the body's temperature, cause convulsions, a heart attack and heart failure. It is possible for cocaine users to die from an overdose. With stimulant type drugs, the risk of overdose increases with the amount used.

The risk of overdosing is also increased if crack is mixed with other drugs or alcohol. An overdose on cocaine/crack is more likely if they are injected.

- Recognised consequences of cocaine overdose are:
 - Restlessness
 - Sudden rise in body temperature - feeling very warm or having hot skin
 - Flushed face
 - Muscle cramps
 - Stiffness in arms and legs
 - Confusion
 - Seizure
 - Heart attack
 - Unresponsiveness

If you are concerned that you or a friend are having a cocaine overdose you should:

- Seek medical help if needed and be honest with emergency services about what you think was taken.
- Don't take any more cocaine or crack
- Don't take other drugs
- Put the person in the recovery position (see back of this card)
- Call an ambulance on **112**

www.aldp.ie

www.drugs.ie/overdose

Some behaviours are more risky than others.

Overdose risk factors include:

- Using more than one drug
- Injecting drugs
- Using alone
- Using drugs after a period of abstinence

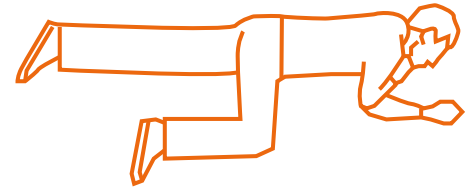
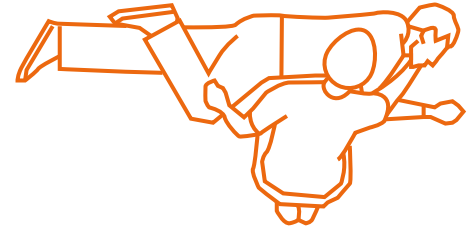
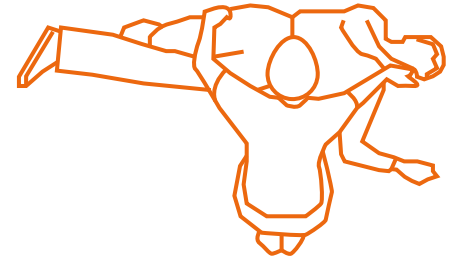
Mind yourself. Its always safest not to use drugs. If you do use:

- Don't use alone
- Only use one drug at a time
- Wait as long as possible between hits

Be ready for overdose. Know what to do, and make sure your friends do too:

- Put the person in the recovery position
- Call the ambulance on 112
- Wait for the ambulance to arrive

For more information about overdose visit drugs.ie/overdose



ANA LIFFEY
DRUG PROJECT