

DO YOU USE COCAINE?

**It is always
safest not
to take
drugs**



**If you decide
to use cocaine
remember:**

- 1** When buying, know your source and avoid using alone
- 2** Use one drug at a time and never mix with alcohol
- 3** Start with a small test dose and leave at least two hours between use
- 4** Grind cocaine to remove clumps, use your own sterile straw and never share
- 5** Carry a condom - cocaine can increase your sex drive

If you experience mental health problems, high blood pressure, a heart condition or are pregnant you are advised not to use cocaine. Talk to a GP, mental health or maternity care team if you need help.

Some people can feel depressed or suicidal after they take cocaine. If you or a friend become unwell after using, call 112 and be honest with emergency services about what you think was taken.

For information and support on drugs and alcohol visit:
Drugs.ie or call the HSE Drugs and Alcohol Helpline on 1800 459 459
Monday to Friday 9:30 am - 5:30 pm