

# COCAINE

## Know the risks

In 2022, cocaine was linked to 371 drug deaths in Scotland, but these could have been prevented if the following harm reduction measures were observed:

### DOSAGE - GO SLOW, STAY LOW

Especially if it's your first time.

### AVOID MIXING WITH OTHER DRUGS

Combining with alcohol or other drugs increases risks.

### DON'T SHARE SNORTING EQUIPMENT

Used or dirty noses/straws can transmit blood-borne viruses.

### LONG TERM USE

Risks include dependency and other health complications.

### ASK FOR HELP IF NEEDED

Be aware of signs of an emergency and know where to get help.



Scan the QR code for  
Cocaine Anonymous  
support



Instagram: @hillcrestharmreduction



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