



# COCAINE

## WHAT IS COCAINE?

Cocaine is a stimulant drug produced from the leaves of the coca plant. Usually, cocaine is a white powder.

Cocaine is usually snuffed up the nose through a small tube or bank note.

## EFFECTS

Cocaine can make you feel confident, excited and alert. But cocaine can also make you feel paranoid and anxious.

## RISKS

Cocaine increases your heart rate and body temperature, which increases the risk of a seizure or fit.

Signs of overdose can include heavy sweating, confusion, seizures and irregular heartbeats.

Risk of overdose increases if cocaine is used with other drugs including alcohol.

Frequent use can result in psychological addiction, which can be damaging to your physical and mental health and your finances.

## THE LAW

Cocaine is a Class A drug. It is illegal to possess, produce or supply the drug.

## TOP TIP

**If you or a friend wants to stop cocaine, find something to keep you busy that doesn't remind you of cocaine. Consider changing where you socialise and who with.**