

Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

#89 in a series of Health Bulletins on issues of pressing interest to all New Yorkers

COCAINE

Do you have a problem?



- Available in Spanish and Chinese: call 311 or visit nyc.gov
- Disponible en español: llame al 311 o visite nyc.gov
- 需要中文服務 - 可電 311 或造訪網址 nyc.gov



What is cocaine?

- Cocaine is a powerful drug that stimulates your nervous system.
- Cocaine can be snorted, smoked or injected.
- It comes from the leaves of the coca plant.
- Cocaine use is higher in New York City than it is nationwide.

Cocaine can lead to serious health problems or death.

- Cocaine quickly raises your heart rate and blood pressure.
- Using cocaine alone or with alcohol or other drugs can lead to an overdose or death.
- Six out of 10 people who die from a drug overdose in New York City have cocaine in their bodies.
- Cocaine use leads to more emergency department visits than any other drug.
- Cocaine can be “cut” (mixed) with other drugs or substances, such as levamisole, a drug used to treat animals for worms, without your knowing it. These “cuts” can be dangerous and make you sick.
- Snorting cocaine can weaken or break the nasal septum (the thin wall between your nostrils).
- Many people experience an intense “crash” after using cocaine. This can include fatigue, cold-like symptoms, depression and anxiety.

Signs and Symptoms of a Cocaine Overdose

- Pale or blue in the face or lips
- Limping
- Not being able to talk
- Foaming at the mouth, vomiting or shaking
- Chest pain or tightness, shortness of breath,
or loss of consciousness

If you notice any of these problems, call 911
right away.

Help is Available

- Talk to your doctor or a substance use counselor.
- Try Narcotics Anonymous or other
12-step programs.
- Avoid people, places and things associated
with your cocaine use.

Heavy cocaine use can lead to:

Emotional problems.

- Depression
- Anger, irritability, anxiety or panic attacks
- Feelings of paranoia

Physical problems.

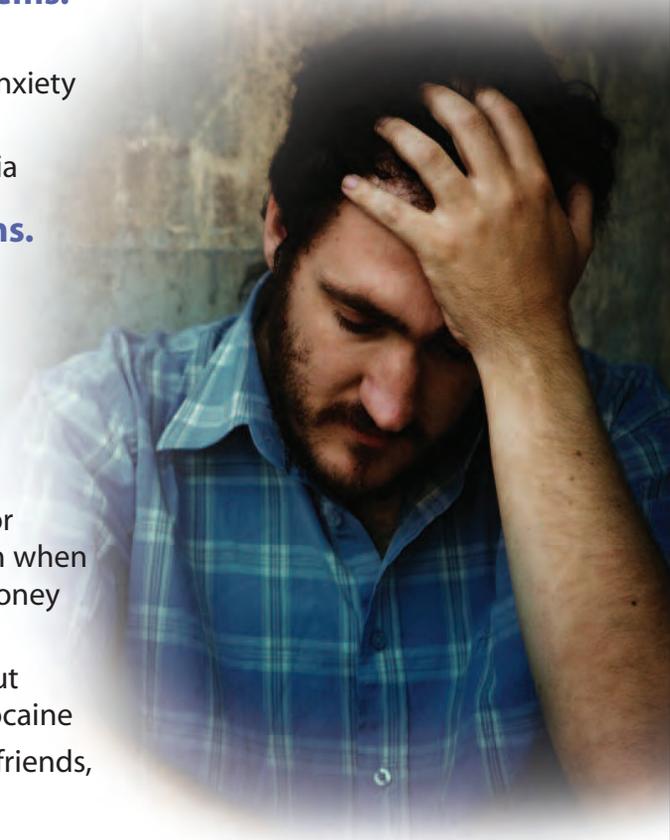
- Loss of appetite
- Trouble sleeping
- Chills, tremors or muscle spasms

Social problems.

- Trouble stopping or cutting down, even when it causes health, money or legal problems
- Thinking a lot about getting or using cocaine
- Neglecting family, friends, work or school

Legal problems.

- You can go to jail if you're caught with cocaine.
- You can be arrested for giving cocaine to someone else, even if you didn't exchange money.
- Penalties for driving under the influence of cocaine are as tough as those for drunk driving.



These licensed photographs are being used for illustrative purposes only and the people depicted are models.



Is Your Cocaine Use Harming You?

Have you ever:

Thought you should cut down on cocaine use?	Yes	No
Become annoyed when someone criticized your cocaine use?	Yes	No
Felt scared, bad or guilty about your cocaine use?	Yes	No
Needed an eye-opener to feel better in the morning?	Yes	No

YES to 1 or 2 questions = possible problem

YES to 3 or 4 questions = probable problem

More Information and Help

- **New York City Department of Health and Mental Hygiene:** nyc.gov or call 311
Health Bulletins:
 - #61 Help to Stop Using: Drug Problems Can Be Treated
 - #66 Marijuana: Is It Holding You Back?
 - #69 Is Your Child Abusing Prescription Drugs?
 - #77 Prescription Drugs: When Does Use Become Misuse?
 - #83 Excessive Drinking Is Dangerous
 - #87 Depression: Feeling Better
- **LifeNet offers 24-hour confidential help for substance use and mental health problems.**
 - English: 800-LIFENET (800-543-3638)
 - Spanish: 877-AYUDESE (877-298-3373)
 - Asian languages (Mandarin, Cantonese and Korean): 877-990-8585
- **National Institute on Drug Abuse:** drugabuse.gov/drugpages/cocaine.html
- **Narcotics Anonymous:** newyorkna.org or 212-929-NANA (212-929-6262)

CALL 911 in any medical emergency.

**DIAL
311**

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311**

**For Non-Emergency NYC Services
Telephone Interpretation in 170 Languages**