Powder cocaine

**Harms caused**
- Constricts blood vessels and blood pressure
- Heart attack
- Stroke
- Worse with alcohol

**Heart**
- Paranoia
- Anxiety
- Depression and suicidal thoughts
- Delirium (confusion)
- Psychosis

**Mental health**
- See Injecting Map
  - Corrosion of nasal septum
  - High risk behaviour
  - Poor diet / weight loss
  - Poor immune system
  - Problems in pregnancy
  - Liver damage

**Other**
- Constricts blood vessels and blood pressure
- Heart attack
- Stroke
- Worse with alcohol

**Preventing harm**
- Follow safer injecting guidance
- Don’t share snorting equipment
- Stagger use of alcohol
- Nasal washing
- Practice safe sex - use condoms and lube
- Do not use alone
- The effect goes down after the first hit – try to buy less each time to reduce wastage

Client name:     Keyworker:    Date: __ / __ / __