



### Did you know?

- Mixing cocaine and alcohol increase the risk for sudden death!
- When people mix cocaine and alcohol, the body has a hard time deciding whether to speed up from the cocaine or slow down from the alcohol
- Cocaine can cover up signs of too much alcohol use.

### What to expect when cutting back or quitting:

- Your doctor or behavioral health specialist can help you set up a plan.
- Change takes time.
- You will need support
- You may have some withdrawal symptoms.
- Contact your doctor if you have any medical concerns.

### Something to try:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

### Community Resources:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Behavioral Health Specialist:

\_\_\_\_\_

### Phone Number:

\_\_\_\_\_



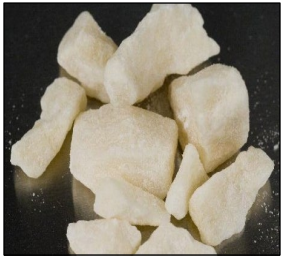
**Because  
WE CARE,  
we ask  
EVERYONE**

**COCAINE**



**vital**  
Improving Wellness in Alabama





**Cocaine (powder) and Crack Cocaine (rocks) are stimulant drugs.**

**These drugs speed up the body's heart rate, breathing, and blood pressure.**

**Overdose can make a person's heart stop and often leads to death.**

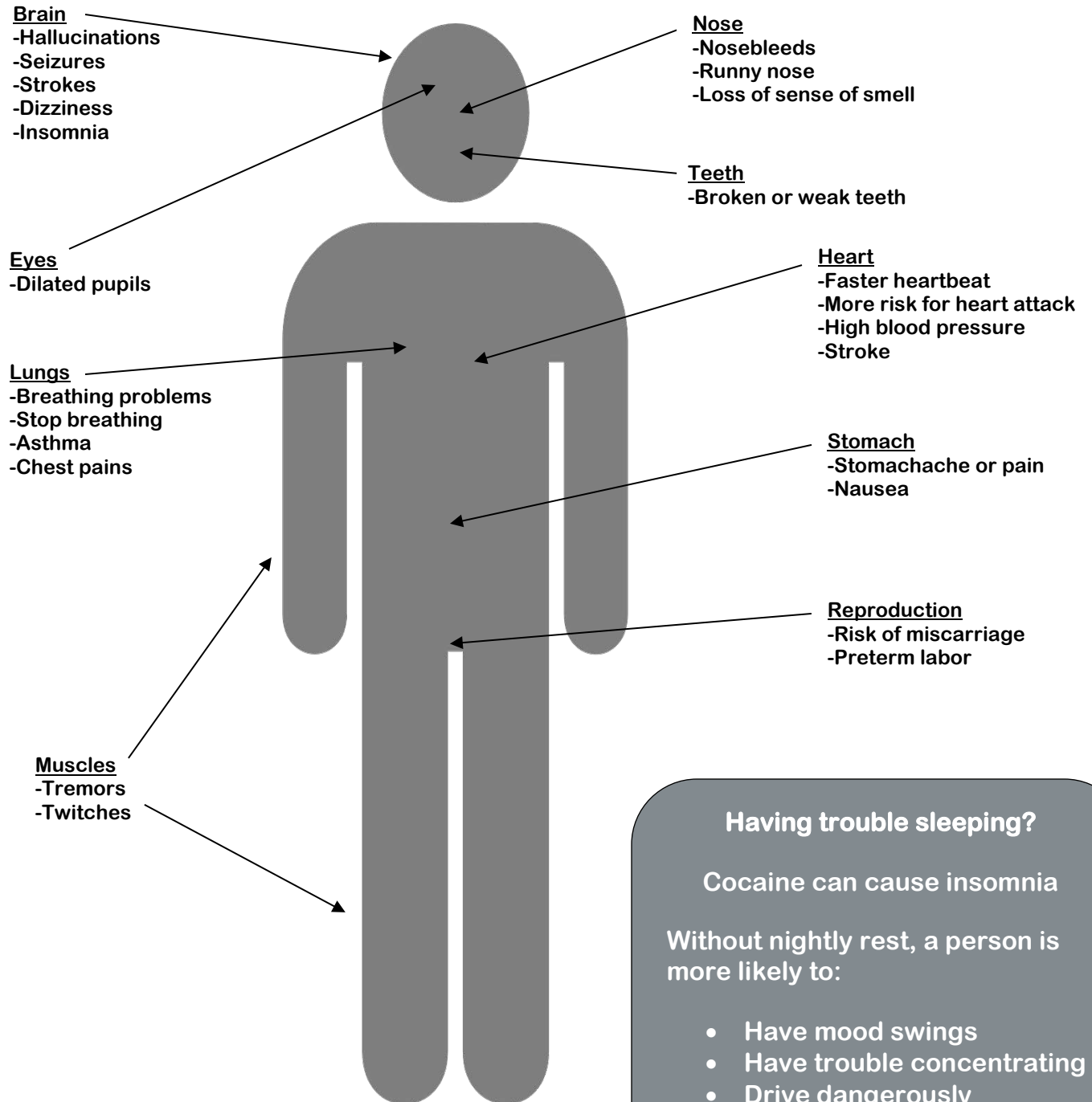
### Things to think about:

- Do I ever have chest pains?
- Do I have trouble sleeping or stay up for a long time without sleeping?
- Do I get a lot of nose bleeds?
- Do I ever feel like people are watching me or out to get me?

### Risk for Cocaine Users:

- Cocaine is often cut with other drugs or substances.
- Sharing needles raises risks for :
  - Hepatitis B or C
  - HIV

# Effects of Cocaine



### Having trouble sleeping?

Cocaine can cause insomnia

Without nightly rest, a person is more likely to:

- Have mood swings
- Have trouble concentrating
- Drive dangerously
- Use again to feel "normal"