

DO YOU OR SOMEONE YOU KNOW USE COCAINE OR CRACK?

HOW CAN COCAINE OR CRACK AFFECT HEALTH?

Cocaine and crack can increase risk of serious health problems, including heart attack, stroke, abnormal heart rhythm, very high blood pressure and death.

WHAT IS FENTANYL?

Fentanyl is an opioid 50 to 100 times more powerful than morphine that increases overdose risk. Fentanyl may be mixed in with cocaine and crack.

HOW CAN I REDUCE RISK FOR HEALTH PROBLEMS?

Talk with your doctor about how to prevent serious health problems.

- 1) Avoid mixing cocaine or crack with other drugs or alcohol.
- 2) Avoid using when alone in case you overdose.
- 3) Start with a small amount and go slowly.
- 4) Carry naloxone, a medication that can reverse an overdose if an opioid, like fentanyl, is involved.

HOW DO I GET HELP?

Free, confidential support is available 24/7. For treatment referrals, naloxone access, syringe service program locations and other substance use concerns, call NYC Well at 888-NYC-WELL (888-692-9355), text WELL to 65173 or visit nyc.gov/nycwell.

您或您認識的人 使用古柯鹼或快克嗎？

古柯鹼或快克如何影響健康？

古柯鹼和快克會增加嚴重健康問題的風險，包括心臟病、中風、心律異常、非常高血壓和死亡。

何為吩坦尼？

吩坦尼是類鴉片藥物，強度比嗎啡高 50 到 100 倍，會增加藥物過量的風險。吩坦尼可能被與古柯鹼和快克混合使用。

如何減少健康問題的風險？

請與您的醫師討論如何避免嚴重的健康問題。

1) 避免將古柯鹼或快克與其他藥物或酒精混合使用。**2)** 避免在您獨自一人時使用，以防藥物過量。**3)** 從少量開始，然後慢慢增加劑量。**4)** 攜帶納洛酮，此藥物可在涉及吩坦尼等類鴉片時逆轉藥物過量。

該如何求助？

我們全天候提供免費且保密的支持服務。如需治療轉診、獲取納洛酮、瞭解注射器服務計畫地點，以及存在其他物質使用方面的疑問，請聯繫 NYC Well（NYC 迎向健康），方法是致電 888-692-9355、傳送簡訊「WELL」至 65173 或造訪 nyc.gov/nycwell。