

# 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](http://nyc.gov/nycwell).

# 您或您认识的人是否 使用可卡因或强效可卡因？

## 可卡因或强效可卡因对健康有何影响？

可卡因或强效可卡因会增加严重健康问题的风险，包括心脏病发作、中风、心律异常、极高血压和死亡。

## 什么是芬太尼？

芬太尼是一种比吗啡强效 50 至 100 倍的类鸦片，会增加药物过量风险。芬太尼可能被与可卡因和强效可卡因混合使用。

## 如何降低健康问题的风险？

您可以咨询医生如何预防严重健康问题。

1) 避免将可卡因或强效可卡因与其他药物或酒精混合使用。2) 避免一个人单独使用，以防药物过量。3) 从少量开始缓慢增加剂量。4) 携带纳洛酮，此药物可在涉及芬太尼等类鸦片时逆转药物过量。

## 我该如何获得帮助？

我们全天候提供免费的保密支持。如有关于治疗转诊、获取纳洛酮、注射器服务计划位置和其他药物使用问题，请致电 888-692-9355、发送短信“WELL”至 65173 或访问 [nyc.gov/nycwell](https://nyc.gov/nycwell) 联系 NYC Well。