

# COCAINE CHECKLIST



BRAINTRUST  
CANADA

## COCAINE (BEFORE)

- Test it: cocaine is rarely 100% pure
- Hygiene (use sterile equipment and surfaces)
  - This does not take a lot of effort but is very beneficial.
  - Use proper injection practices like using a tourniquet and cleaning the body part that is being injected with antiseptic wipes
- Avoid sharing equipment
- Grind it: removes clumps and prevents using too much at once
- Education: Know the signs of a stimulant overdose
- Be able to recognize the signs of a stimulant overdose so you can identify when something is amiss and you can take action.

## COCAINE (DURING)

- Use with others
- Carry Naloxone
- Start low and go slow, take breaks.
- Avoid mixing: especially alcohol
- Hygiene: alternate nostrils / flush out nose
- Supervised consumption sites / Download Lifeguard App/ Brave App

## COCAINE (AFTER)

- Hydrate
- Eat
- Sleep

**Coming down includes physical/mental exhaustion, and a low mood. Using more substances to avoid withdrawal increases the intensity of the symptoms**