

COCAINE EMERGENCY

What to do in the next 60 seconds. Print this. Keep it where you'd need it.

999

IF IN DOUBT, CALL

CALL 999 IMMEDIATELY IF

- They've collapsed or are unconscious
- They're having a seizure or fitting
- Chest pain that won't go away
- Difficulty breathing, or blue-ish lips
- Extremely confused, aggressive or paranoid and can't be calmed
- They've stopped responding to you

Tell the paramedics what's been taken. Be honest. You will not be arrested for calling an ambulance — their only job is to save a life, and knowing changes how they treat.

DO NOT

- Put them in a cold bath or shower
- Give them water if they're unconscious
- Leave them alone "to sleep it off"
- Give them coffee, energy drinks or more stimulants
- Try to make them vomit
- Hesitate to call 999 because you're scared of police

WHILE YOU WAIT FOR THE AMBULANCE

Conscious	Keep them calm and sitting upright. Loosen tight clothing. Reassure them. Don't let them take more.
Unconscious but breathing	Recovery position — on their side, head tilted back, top knee forward. Stay with them. Watch their breathing.
Not breathing	Start CPR. 30 chest compressions, then 2 rescue breaths. Repeat until the ambulance arrives.
Having a seizure	Move hard or sharp things away. Nothing in their mouth. Don't hold them down. Time it — call 999 again if it lasts over 5 minutes or they don't come round.

IF YOU HAVE NALOXONE, USE IT

Cocaine is often cut with fentanyl and other opioids without anyone knowing. If their breathing is slow or has stopped, give naloxone even if you're certain it was only cocaine. It cannot harm them if there are no opioids present, and it can save their life if there are. Keep doing CPR and still call 999.

HEART EVENT — SIGNS

- Crushing or tight pain in chest, arm, jaw or neck
- Heart racing irregularly — uneven, not just fast
- Sudden dizziness or feeling faint
- Nausea, cold sweat, sudden exhaustion
- A feeling of dread — "something is very wrong"

Happens to young, fit, first-time users. Do not wait to see if it passes.

PSYCHOSIS — SIGNS

- Extreme paranoia — believing people are watching or out to harm them
- Seeing or hearing things that aren't there
- Feeling insects crawling under the skin
- Severe agitation, aggression or terror

Don't argue with what they're experiencing. Stay calm. Turn down lights, noise and people. Call 999 if they're a danger to themselves or anyone else — otherwise NHS 24 on 111.

Let's Talk About Charlie

An RCA Trust service · letstalkaboutcharlie.co.uk

Free naloxone: HaRRT or Renfrewshire ADP · SFAD will post a kit anywhere in Scotland

999

Emergency

111

NHS 24

0141 887 0880

RCA Trust (Mon–Fri 9–5)

116 123

Samaritans, 24hr