

Other physical effects depend on how cocaine is used, how much and for how long.

- Snorting - nosebleeds, nasal inflammation
- Smoking - cough, lung damage
- Ingesting infections in the gastrointestinal tract
- Injecting - collapsed veins, scarring, bloodborne infectious diseases, such as HIV/AIDS, and hepatitis C

What can you do to minimize risk?

- If you're using, use new equipment every time.
- Avoid sharing equipment.
- Let someone know if you are using so that they can help you if something goes wrong.
- Get training on how to use Naloxone.
- Carry a Naloxone kit with you.
- The drug supply is unpredictable. Opioids like fentanyl can be present in cocaine samples without your knowledge and cause an overdose. Naloxone can quickly reverse an opioid related overdose.
- If someone is not responding, call Emergency Services.



Naloxone Kits are available at your local health centre or pharmacy free of charge for everyone. At the time of distribution, the provider will offer to review contents, safe storage, when to give naloxone, how to use it, and aftercare.

References:

- Centre for Addiction and Mental Health (2010). Cocaine and Crack. Retrieved from Cocaine and Crack, CAMH 2024, November 7.
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- Substance Use Spectrum. Retrieved from 34-21-3047-Substance-Use-Spectrum- ENOI on 2024, November 15. Health Canada, 2024. Cocaine and crack. Retrieved from: Cocaine and crack - Canada.ca on 2024 November 7
- National Institute on Drug Abuse. 2024, September 27. Cocaine. Retrieved from <https://nida.nih.gov/research-topics/cocaine> on 2024, November.
- Pauktuutit (2021). Pihimayuq: Understanding Inuit and Cannabis. Retrieved from: Inuit-and-CannabisEN.pdf, January 2025



Help is available!

Contact your local Health Centers, Wellness Organization or the Hospital.

Additional resources by jurisdiction

Pulaarvik Kablu Friendship Centre

Rankin Inlet
1-867-645-2600

Ilisaqsivik

Clyde River
1-888-337-4433

Tukisigiarvik

Iqaluit
1-867-979-2400

Department of Healthy Living

Cambridge Bay
1-867-983-4670

Sailivik Safe Sober drop-in Centre

Pangnirtung
1-867-473-8562

Online resources:

Aqqiumavvik - Arviat
www.aqqiumavvik.com

Phone Support:

Healing By Talking
1-888-648-0070



Canadian Centre
on Substance Use
and Addiction



Substance Use Health among Inuit



Inuit way of life can reduce and protect against the harms associated with substance use.



Strong connection with family and community



Strong connection to culture and identity

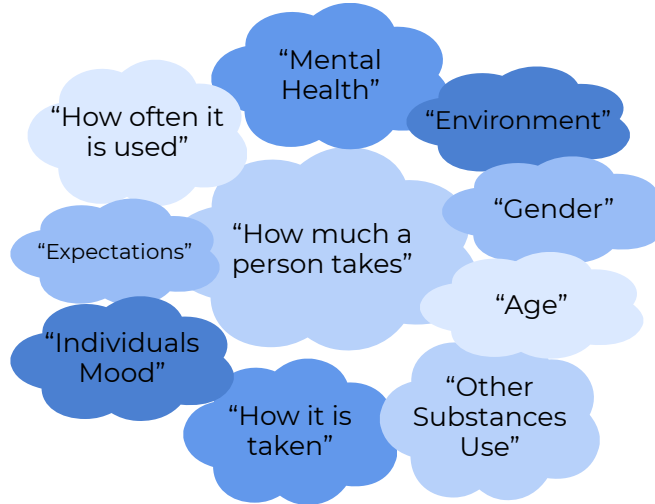


Relationship with the land and animals

Inuit experience a unique combination of individual and social factors that affect our experiences with substances that other people living in Canada do not. These include colonialism, housing insecurity, the normalization of substance use, lack of health services, mental health challenges, and intergenerational trauma.

Did you know?

Everyone's well-being journey is different. Individual experiences with any substance are influenced by:



Interactions between the individual, the family and the wider community all affect an individual's choices and development.

Aputi (Cocaine)

What is Cocaine?

Cocaine also known as blow, coke or snow, is a stimulant that can produce strong euphoric 'high' effects.

Cocaine typically comes in two forms:

- Fine, white powder that can be snorted, injected, or ingested
- Crystallized rock "crack" that can be smoked

Effects of Cocaine:

- The effects of cocaine use looks different for everyone.
- The effects of cocaine depend on many individual factors, including how it is taken, how much, and for how long.

Common effects:

- Euphoria (high)
- Heightened mental alertness
- Increased energy
- Talkativeness
- Constricted blood vessels
- Dilated pupils
- Increased sensitivity to light, sound, or touch
- Cocaine toxicity (overdose)

Psychological effects:

- Anxiety
- Paranoia
- Hallucinations
- Aggressive behaviour