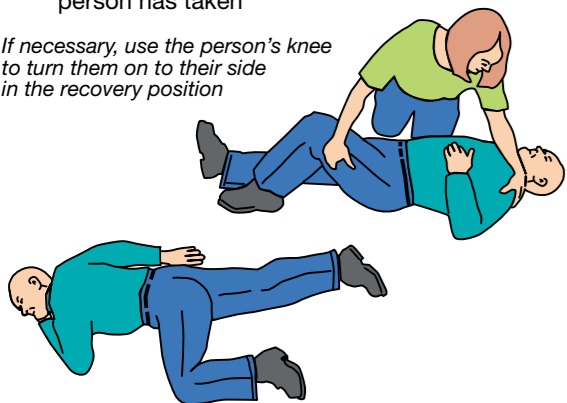


WHAT TO DO IN AN EMERGENCY

- 1 don't panic
- 2 put them in the recovery position
- 3 dial 999 for an ambulance
- 4 don't leave them alone
- 5 if you have to leave to get help, make sure they can't roll over onto their back
- 6 if possible, tell the ambulance crew what the person has taken

If necessary, use the person's knee to turn them on to their side in the recovery position



***Do not hesitate to call 999:**
Emergency services' main priority is saving lives

Help & information

If you have information on drugs related crime call Crimestoppers anonymously on 0800 555 111. Crimestoppers is an independent charity. It is not part of the police



For drugs information:
FRANK
0800 77 66 00 talktofrank.com

Other names include	Cannabis Marijuana, Draw, Blow, Weed, Puff, Shit, Hash, Ganja, Spliff, Wacky backy, Green, Skunk (a stronger form of cannabis)
What it looks like and how it is taken	<ul style="list-style-type: none"> a solid, dark lump known as 'resin' leaves, stalks and seeds called 'grass' a sticky, dark oil can be rolled (usually with tobacco) in a spliff or joint, smoked on its own in a special pipe, or cooked and eaten in food
	<ul style="list-style-type: none"> users feel relaxed and talkative cooking the drug then eating it makes the effects more intense and harder to control may bring on a craving for food (this is often referred to as having the 'munchies')
The health risks	<ul style="list-style-type: none"> smoking it has similar risks to tobacco links to mental illness impairs the ability to learn and concentrate can leave people tired and lacking energy users may lack motivation and feel apathetic can make users paranoid and anxious, depending on their mood and situation
	<ul style="list-style-type: none"> class B (Misuse of Drugs Act 1971)

Opiates Smack, Brown, Horse, Gear, Junk, H, Jack, Scag
<ul style="list-style-type: none"> brownish-white powder which is smoked, snorted or dissolved and injected
<ul style="list-style-type: none"> small doses give the user a sense of warmth and well-being larger doses can make them drowsy and relaxed
<ul style="list-style-type: none"> heroin is highly addictive (even when smoked) users who form a habit may end up taking the drug just to feel normal excessive amounts can result in overdose, coma and in some cases death injecting can damage veins sharing injecting equipment puts users at risk of dangerous infections like hepatitis B or C and HIV/AIDS
<ul style="list-style-type: none"> class A (Misuse of Drugs Act 1971)

Cocaine & crack Cocaine Coke, Charlie, Snow, C Crack (a smokeable form of cocaine) Rock wash, Stone
<ul style="list-style-type: none"> Cocaine: white powder that is snorted up the nose, sometimes dissolved and injected Crack: small raisin-sized crystals which are smoked
<ul style="list-style-type: none"> sense of well-being, alertness, confidence cocaine effects last at least 30 minutes users are often left craving more crack has the same effects as cocaine, but with a more intense and shorter 'high' of about 5 to 10 minutes.
<ul style="list-style-type: none"> cocaine and crack are addictive leave users feeling tired and depressed for one or two days and sometimes longer can cause chest pain and heart problems that can be fatal heavy use can cause convulsions a habit can be expensive and hard to control crack and cocaine carry the same risks, but as the high can be so intense, crack use is even more difficult to control sharing equipment puts users at risk of infections like hepatitis B or C and HIV/AIDS
<ul style="list-style-type: none"> class A (Misuse of Drugs Act 1971)

Ecstasy E, Doves, XTC, Disco biscuits, Echoes, Hug drug, Burgers, Fantasy, Chemical name: MDMA (currently many tablets contain MDEA, MDA, MBDB)
<ul style="list-style-type: none"> tablets of different shapes, size and colour (but often white) which are swallowed
<ul style="list-style-type: none"> users feel alert and in tune with their surroundings sound, colour and emotions seem much more intense users may dance for hours the effects last from three to six hours can cause anxiety
<ul style="list-style-type: none"> can leave users feeling tired and depressed for days risk of overheating and dehydration if users dance energetically without taking breaks or drinking enough fluids (users should sip about a pint of non-alcoholic fluid such as fruit juice, sports drinks or water every hour) use has been linked to liver and kidney problems some experts are concerned that use of ecstasy can lead to brain damage causing depression in later life
<ul style="list-style-type: none"> class A (Misuse of Drugs Act 1971)

Amphetamines Speed, Whizz, Uppers, Amph, Billy, Sulphate, Crystal, Ice
<ul style="list-style-type: none"> grey or white powder that is snorted, swallowed, smoked, injected or dissolved in a drink tablets which are swallowed crystals can be smoked
<ul style="list-style-type: none"> excitement - the mind races and users can feel confident and energetic while on the drug, some users become tense and anxious
<ul style="list-style-type: none"> leaves users feeling tired and depressed for one or two days and sometimes longer high doses repeated over a few days may cause panic and hallucinations long-term use puts a strain on the heart heavy, long-term use can lead to mental illness sharing injecting equipment puts users at risk of dangerous infections like hepatitis B or C and HIV/AIDS
<ul style="list-style-type: none"> class B (but class A if prepared for injection) (Misuse of Drugs Act 1971)

LSD, hallucinogens & magic mushrooms LSD Acid, Trips, Tabs, Blotters, Microdots, Dots Magic mushrooms 'shrooms, Mushies
<ul style="list-style-type: none"> 1/4 inch squares of paper, often with a picture on one side, which are swallowed. Microdots and dots are tiny tablets
<ul style="list-style-type: none"> effects are known as a 'trip' and can last for eight to 12 hours users will experience their surroundings in a very different way sense of movement and time may speed up or slow down objects, colours and sounds may be distorted magic mushrooms: similar effects to LSD, but the trip is often milder and shorter (about four hours)
<ul style="list-style-type: none"> once a trip starts it cannot be stopped users may have a 'bad trip', which can be terrifying 'flashbacks' may be experienced where parts of a trip are re-lived some time after the event can complicate mental health problems magic mushrooms can cause stomach pains, sickness and diarrhoea eating the wrong kind of mushroom can cause serious illness and even fatal poisoning
<ul style="list-style-type: none"> class A (Misuse of Drugs Act 1971) magic mushrooms became class A in July 2005 even in their raw state if containing psilocybin

The drugs recognition leaflet



Introduction

Drugs are an emotive issue for many; people often have strong views and much of the information provided by the media represents views and opinions rather than fact.

This leaflet provides basic information on what the most commonly used drugs look like, what they do and their effects, as well as some of the potential dangers and the legal position. There are many different drugs and there are many factors that influence their use, effects and potential risks, so we give an over view here while providing details of where those who wants to know more can get that information or help.

Good quality information and advice helps limit the problems that are associated with drugs. We hope the information here helps meet your needs or directs you to other sources of information or advice.

The Law

MISUSE OF DRUGS ACT 1971

Illegal drugs are divided by the Misuse of Drugs Act 1971 into three classes, A, B and C according to their toxic effect, prevalence of misuse and perceived danger to society.

Detailed below are examples of two categories of offences and the maximum penalties that may be imposed.

MAXIMUM PENALTIES

	Possession	Supply
Class A	7 years imprisonment and/or a fine	Life imprisonment and/or a fine
Class B	5 years imprisonment and/or a fine	14 years imprisonment and/or a fine
Class C	2 years imprisonment and/or a fine	14 years imprisonment and/or a fine

Possessing or supplying a Class A, B or C drug is an arrestable offence. Passing drugs amongst friends amounts to supplying them.

A Conviction for any Misuse of Drugs Act Offence can affect future employment. Some countries may refuse visas to people with drug convictions.

Acknowledgements

Drugs and images supplied by TICTAC Communications Ltd apart from cannabis leaf and chopped cannabis, reproduced with the kind permission of The Forensic Science Service.



TICTAC Communications Ltd
St George's, University of London
Cranmer Terrace, London SW17 0RE
Tel: 020 8672 1006 www.tictac.org.uk

Design and art direction by brett-lesage.com

This leaflet is produced by



www.cityoflondon.gov.uk/ldpf

Other names include

What it looks like and how it is taken

The effects

The health risks

Legal status

Alcohol

Booze, Bevy, Drink, Ethyl Alcohol, Ethanol, Methylated Spirits, Beer, Cider, Sherry, Wine, Spirits, Liquors

- available in various liquid forms including attractively flavoured alcopops and cocktails
- mixing different types of alcoholic drinks can make it difficult to know how much has been consumed

- immediate effects dependent upon amount used, age, gender, physical build, mental state and other factors
- short term users feel relaxed with lowered inhibitions and reaction times and decision making affected
- heavier use can lead to emotional highs and lows, uncoordinated movement, blackouts and unconsciousness
- nausea and sickness at any point
- drinking alcohol may be an acceptable social pastime but it can lead to social and physical difficulties
- alcohol is a depressant

- addiction
- liver damage
- delirium tremens (the 'shakes' or DTs)
- risk of suffocation from inhaling vomit when unconscious
- overdose is a particular risk if mixed with other drugs and can lead to death
- stomach disorders

- can be sold to people over 18 yrs old in licensed premises.
- people over 14 yrs of age may visit licensed premises but cannot consume alcohol
- 16 yr olds can consume some alcohol (e.g. beer, cider or sherry) with a meal in a restaurant but not in a bar
- it's illegal to give alcohol to a child under the age of 5
- being drunk in a public place and driving under the influence of drink or drugs are offences in law

Tobacco

Fags, Rollies, Smokes, Cigges, Snuff, Snout

- leaves of the tobacco plant are dried then rubbed to produce a brown, flakey mixture
- it can be bought loose as rolling tobacco or in ready made cigarettes
- tobacco is most often smoked but some people chew it or sniff it (snuff)

- nicotine speeds up the heart rate and increases blood pressure
- first time smokers often feel sick and dizzy
- regular smokers say it helps them relax and feel less hungry

- tobacco is highly addictive
- smokers are more likely to get coughs and chest infections
- long term addiction can lead to cancer or heart disease
- smoking has been linked to the amputation of over 2000 limbs a year in the UK
- it is estimated that smoking contributes to 120,000 premature deaths in the UK every year
- other people breathing in second-hand cigarette smoke could end up with health problems

- It is illegal for shopkeepers to sell tobacco or tobacco products to anyone under the age of 18

Gases, glues & aerosols

Products such as lighter gas refills, aerosols containing products such as hairspray, deodorants & air fresheners, tins or tubes of glue, some paints, thinners and correcting fluids

- sniffed or inhaled into the lungs
- gas products are sometimes squirted directly into the back of the throat

- effects feel similar to being very drunk
- users feel thick-headed, dizzy, giggly and dreamy
- users may hallucinate
- effects don't last very long, but users can remain intoxicated all day by repeating the dose

- nausea, vomiting, black-outs and heart problems that can be fatal
- squirting gas products down the throat can cause instant death – even on first use
- risk of suffocation if the substance is inhaled from a plastic bag over the head
- accidents can happen when the user is high because their senses are affected
- long-term abuse of glue can damage the brain, liver and kidneys

- it is illegal for shopkeepers to sell gas lighter refills to anyone under 18, and it is illegal to sell gases, glues and aerosols to under-18s, or to people acting for them, if they suspect the product is intended for abuse

Ketamine

K, Special K, Super K, Vitamin K

- a white powder that is snorted or in tablet form or more rarely as a clear liquid which can be injected

- causes physical numbness
- causes hallucinations and out of body sensations
- trips can last for up to an hour, but the effects can be felt for hours after

- difficulty in co-ordination and speech
- panic attacks and depression
- temporary paralysis and feeling sick
- users risk injury because they may not realise that they are hurt due to the pain killing properties of Ketamine
- high doses can lead to death caused by unconsciousness and the inhalation of vomit, especially when taken with depressants such as alcohol
- users can also experience bladder problems such as an increased need to urinate, pain during urination or passing blood in the urine

Ketamine powder & snorters

- class C (Misuse of Drugs Act 1971)

Over-the-counter or prescribed

Pain killers, cold medication, hay fever remedies, tranquilizers, caffeine tablets, stimulants, depressants, amyl nitrate, butyl nitrate (poppers), steroids

- tablets, capsules or liquids that are swallowed, sometimes inhaled or injected

Anabolic steroids in different forms

- will do what it says on the packet
- calm users and slow them down mentally
- give them a short term energy rush
- make them drowsy or sleepy

Various containers used for transporting GHB or GBL

Isopropyl nitrite (Poppers)

- if any medication is taken without medical advice you do not know what the side effects may be
- each individual may react differently depending on their own medical situation
- some of these drugs can be addictive
- many drugs or medicines pose a real risk, especially when mixed with alcohol or other drugs

Some of the drugs available on prescription or over-the-counter

- depending on the substance these are controlled by the Misuse of Drugs Act, the Medicines Act or other regulations

Viagra and copy

So called 'legal highs' – including BZP