

# Crack

Not Worth the Risk



Guides for Good Living

# 5,000 people try cocaine or crack cocaine every day.

Crack is made by cooking cocaine until the powder becomes a hard chunk. The chunk is then smoked through a glass pipe. It is called “crack” because it snaps and cracks when heated and smoked.

**Crack cocaine and rock are other names for crack.**

Crack is one of the most harmful drugs.

Using crack even once may cause:

- Heart attack
- Stroke
- Addiction (cannot stop using crack)
- Dangerous rise in blood pressure and body temperature
- Heart damage
- Lung damage
- Tremors (shaking)
- Convulsions
- Nausea and vomiting

Crack users will do almost anything to get the drug. They will steal and hurt others to get money for more crack.



Crack is illegal. Thousands of people are arrested every year for using crack. **A person caught with even a small amount of crack could go to jail for five years.**

# Using crack just one time could kill a person.

**A crack “high” only lasts about 15 minutes.** Then the user feels sad or angry. They think they need to use more crack to feel better. This makes it hard to stop using crack.

The effects of using crack include:

- Racing heart
- Blurry vision
- Trouble sleeping
- Stomach ache, loss of hunger
- Fever
- Out-of-control fear
- Dizziness

The crack “high” gets weaker with every use. Users think they need to take a larger amount of crack. This is how users get addicted to crack. Addiction means a person cannot stop using the drug.

**Crack is one of the most addictive drugs there is.** Taking too much crack at one time can kill a person. This is called an overdose.



# Crack hurts everyone.

**Crack users may have problems at school or work.** They can lose interest in family, friends and fun things they used to enjoy.

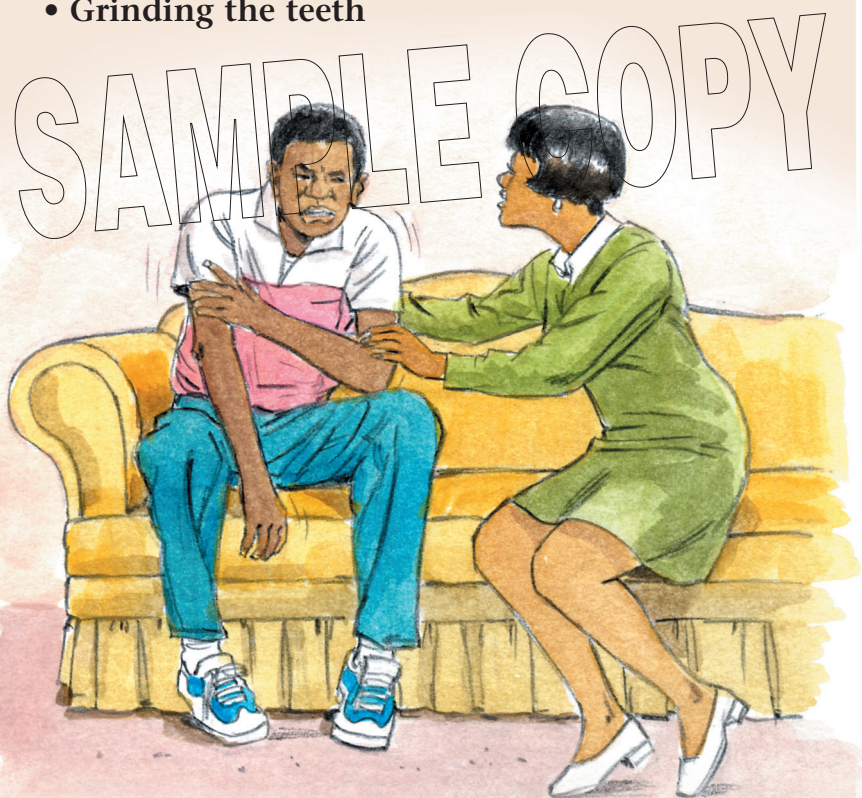
Crack users also hurt themselves or others. They take risks that cause injuries.



Users may steal or commit violent crimes to get money for more crack.

# Signs of Crack Use

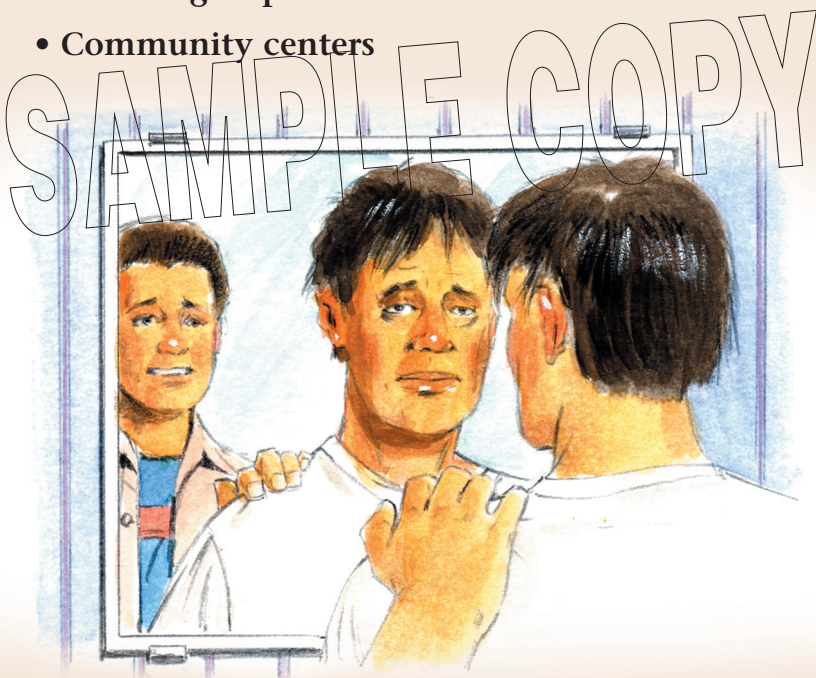
- Uncontrollable shaking of arms and legs
- Talking a lot, or talking too fast
- Large pupils
- Getting angry easily
- No interest in eating, or eating very little
- Big drop in body weight
- Grinding the teeth



# Nearly 200,000 crack users visit the emergency room every year.

Treatment is available for people who want to quit using crack. Some places to find treatment programs are:

- Hospitals
- Public health clinics
- Church groups
- Community centers



**Know the facts. Know the risks.  
Don't use crack.**

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