



## 'ECSTASY'

### effects

- Increased heart rate and blood pressure
- Jaw clenching, teeth grinding and uncontrollable shaking
- Kidney, liver and brain damage
- Long term memory loss
- Chills, sweating and vomiting
- Inability to think, see and co-ordinate properly
- Hallucination

### withdrawal symptoms

- Anxiety, depression and uncontrollable fear
- Insomnia (difficulty in sleeping)
- Loss of control of senses and reality

- ### effects
- Increased heart rate
  - Aggressive behaviour
  - Irritability
  - Nausea
  - Shaking
  - Blurred vision
  - Hallucination
- ### withdrawal symptoms
- Anxiety, depression, anger and jittery feelings
  - Fatigue (extreme tiredness)
  - Nausea and vomiting
  - Loss of desire to do things

## COCAINE

Also known as Crack, Coke, Snow



## PENALTIES

### possession or consumption

Heroin, 'Ice', 'Ecstasy', Ketamine, Lysergide (LSD), Cocaine, Cannabis, 'Erimin-5', Buprenorphine

- Maximum 10 years imprisonment OR S\$20,000 fine OR BOTH

### NOTE:

For consumption of Heroin, 'Ice', 'Ecstasy', Ketamine, Cocaine, 'Erimin-5' and Buprenorphine

- DRC treatment for first and second time abusers, Long Term imprisonment for third and subsequent time abusers.

### trafficking

(selling, giving, administering, transporting, sending, delivering, distributing or offering to do any of these)

### 'Erimin-5'

- Maximum 10 years imprisonment and 5 strokes of the cane

### 'Ecstasy', Ketamine, Lysergide (LSD), Buprenorphine

- Maximum 20 years imprisonment and 15 strokes of the cane

### Heroin, Cannabis, Cocaine, 'Ice'

- Maximum is death penalty (if amount trafficked exceeds the limit stipulated in the law)

### inhalant offences

#### Abuse of intoxicating substances

- Admission to an approved centre for treatment and rehabilitation for up 6 months OR
- Up to 6 months of imprisonment or S\$2,000 fine or BOTH

Selling or offering to sell an intoxicating substance when it is suspected that the substance is for the purpose of intoxication

- Up to 2 years of imprisonment or S\$5,000 fine or BOTH

## TELL-TALE SIGNS OF DRUG ABUSE

- Redness of eyes
- Constant runny nose and teary eyes
- Sudden mood changes
- Unexplained absenteeism
- Change in personal behaviour
- Listlessness and lack of energy
- Anti-social behaviour
- Anxiety
- Nausea
- Loss of appetite

For more information, please visit [www.cnb.gov.sg](http://www.cnb.gov.sg)

If you have been approached to try drugs or wish to report any information, please contact:



The Duty Officer  
Central Narcotics Bureau  
Tel: 1800 325 6666

### withdrawal symptoms

- Inability to concentrate
- Slow reaction
- Distorted thinking and perception
- Poor balance and co-ordination
- Extreme anxiety, depression, confusion and paranoia
- Decline in motivation and drive in long-term users

### effects

Also known as Marijuana, Pot, Grass, Joints, Ganja

## CANNABIS



# WHAT YOU NEED TO KNOW ABOUT DRUGS & INHALANTS

- ### effects
- Sedation
  - Light-headedness
  - Dizziness
  - Nausea
  - Constipation
  - Vomiting
- ### withdrawal symptoms
- Delirium tremens, clouding of consciousness and severe tremors or seizures
  - Anxiety, nausea, vomiting and diarrhoea
  - Abdominal cramps, muscle and joint pains
  - Insomnia (difficulty in sleeping)

## BUPRENORPHINE

Also known as Subutex, Tec, Su Su





## 'ERIMIN-5'

### effects

- Loss of consciousness
- Distorted judgement, sight and thinking
- Difficulty in speaking, moving and co-ordinating bodily functions
- Poor memory and concentration

### withdrawal symptoms

- Anxiety and jittery feelings
- Insomnia (difficulty in sleeping)
- Nausea, vomiting, quickened heart beat, excessive sweating, violent shaking and stomach cramps
- Mental confusion
- Fits



## INHALANTS

Also known as Glue-Sniffing, Solvent Abuse, Solvent Inhalation, Solvent Sniffing

### effects

- Permanent damage to brain, liver and kidneys
- Prone to bleeding and bruises
- Memory loss
- Difficulty in learning and seeing things clearly
- Loss of control of body
- Cramps, pains and bad cough

### withdrawal symptoms

- Anxiety, depression and irritability
- Aggressive behaviour
- Dizziness, shaking and nausea
- Insomnia (difficulty in sleeping)



## HEROIN

Also known as White, Smack, Junk, Powder, Putih, Medicine, Ubat

### effects

- Lowered heart rate and respiration
- Damage to lungs, kidneys and liver
- Dull feeling and tiredness
- Difficulty in concentrating
- Constipation

### withdrawal symptoms

- Insomnia (difficulty in sleeping)
- Watery eyes and runny nose
- Irritable and jittery feelings
- Tremors and bodily cramps
- Chills and sweating
- Diarrhoea and vomiting



## KETAMINE

Also known as K, Special K, Vitamin K, Kit Kat

### effects

- Inability to move
- Distorted judgement, perception and senses
- Confusion and hallucination
- Bleeding nose, cannot smell properly
- Gastric pain
- Difficulty in urinating, urinary tract infection

### withdrawal symptoms

- Depression, anger and irritability
- Fatigue (extreme tiredness)
- Insomnia (difficulty in sleeping)



## 'ICE'

Also known as Glass, Crystal, Speed, 'Ya ba'

### effects

- Increased heart rate and body temperature
- Fits, stroke and death
- Damage to heart and nerves
- Liver and kidney diseases
- Abnormal behaviour with mood swings, confusion, delusion and hallucination
- Anxiety and irritability

### withdrawal symptoms

- Extreme tiredness and hunger
- Anxiety, depression and irritability
- Insomnia (difficulty in sleeping)



## LYSERGIDE (LSD)

Also known as Acid, Trips, Blotters, Tabs, Micro Dot, Black Sesame, Seed, Micro, Stamp

### effects

- Increased heart rate, breathing and body temperature
- Numbness
- Distorted senses
- Loss of control of thoughts
- Severe panic, paranoia, confusion and hallucination