

**流行毒品 Drug Commonly Abused in Hong Kong**

← **升(Up)**      **混合(Mix)**      **降(Down)** →



**冰 (Ice)**  
可卡因  
(Cocaine)



**大麻  
(Cannabis)**



**K仔 (Ketamine)**



**海洛英  
(Herion)**



**Fing頭丸  
(Ecstasy)**



**咳水  
(Cough Medicine)**



**Five仔  
(Erimin 5)**



**白瓜子(Imovane)/  
羅氏藍精靈  
(Dormicum)**

**冰: 吸食後徵狀**

**Ice : Manifestation after drug**

- ↳精力充沛 Restlessness
- ↳滔滔不絕 Talkativeness
- ↳不眠不休 及專心做事 Sleepless and concentration
- ↳散完之後情緒低落，大睡 Low mood and long sleep afterward
- ↳疑神疑鬼，焦慮及緊張 Feeling of persecution, Anxiety and Tension



## 冰：長期影響及傷害

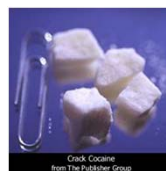
### Ice: Long term effect

- ↳ 消瘦 become thin
- ↳ 暴躁 Agitation
- ↳ 情緒失調 Mood disorder
- ↳ 缺乏食慾 Loss of appetite
- ↳ 妄想 Paranoia
- ↳ 精神病患 Drug induced mental disorder

## 可卡因：吸食後徵狀

### Cocaine :Manifestation after drug

- ↳ 異常歡欣的感覺 Feeling of extreme pleasure
- ↳ 心跳及血壓上升 Increased heart rate and blood pressure
- ↳ 敏感，多疑 Extra sensitivity
- ↳ 焦慮或驚惶 Anxiety
- ↳ 被迫害的感覺 Feeling of persecution
- ↳ 肌肉抽痛、眩暈、手震 Convulsion, delirium



## 可卡因: 長期影響及傷害 Cocaine : Long term effect

- ↳ 暴躁 Agitation
- ↳ 妄想 Paranoia
- ↳ 記憶受損 Memory loss
- ↳ 情緒失調 Mood disorder
- ↳ 精神病患 drug induced mental disorder

## Fing 頭丸: 吸食後徵狀 Ecstasy : Manifestation after drug

- ↳ 過度活躍，手舞足蹈 Over exercise, uncontrollable behavior of “shaking and dancing”
- ↳ 體溫上升，出汗 Over heating, sweating
- ↳ 多言 Talkativeness
- ↳ 睡不到 Insomnia
- ↳ 坐不定 Restlessness
- ↳ 口乾缺水 Dehydration, dryness of mouth
- ↳ 幻覺 Halluncination



## Fing 頭丸:長期影響及傷害 Ecstasy : Long term effect

- ↳ 消瘦 become thin
- ↳ 暴躁 Agitation
- ↳ 情緒失調Mood disorder
- ↳ 缺乏食慾Loss of appetite
- ↳ 妄想 Paranoia
- ↳ 精神病患 Drug induced mental disorder

## 大麻: 吸毒後徵狀

### Cannabis : Manifestation after drug

- ↳ 大部份會笑 Laugh easily
- ↳ 感觀扭曲、時空判斷失準 The perception of space, perspectives and distance becomes distorted
- ↳ 食時會放鬆, 之後會燥 More relaxed but becomes irritability after
- ↳ 眼睛變紅、眼皮下垂 Reddening of eyes and drowsiness



## 大麻: 長期影響及傷害 Cannabis: long term effect

- ↳ 集中力減弱、記憶力受損 Low concentration, memory loss
- ↳ 飲食及睡眠失調 Eating and sleeping disorder
- ↳ 暴躁 Agitation
- ↳ 妄想 Paranoia
- ↳ 缺乏動力 Low motivation and low energy

## 咳水: 吸毒後徵狀 Cough medicine: Manifestation after drug

- ↳ 心跳加速 Increased heart rate
- ↳ 氣喘 Breathless
- ↳ 大汗淋漓 Cold sweats
- ↳ 唇乾舌燥 Dryness of mouth
- ↳ 跳話題、手震 Topic jump, tremor



## 咳水:長期影響及傷害 Cough medicine : Long term effect

- ↳ 記憶力受損 Memory loss
  - ↳ 暴躁 Agitation
  - ↳ 幻覺幻聽 Hallucination
  - ↳ 缺乏動力 Low motivation and low energy
  - ↳ 壞牙 Tooth decay
- 斷癮徵狀：肚瀉 diarrhea, 發冷chills, 失眠 insomnia  
肌肉骨頭酸痛 muscle and bone ache

## K仔: 吸食後徵狀

### Ketamine: : Manifestation after drug

- ↳ 感覺遲緩，不知痛楚 Slow reaction, Hypnosis
- ↳ 說話含糊 Slurred speech
- ↳ 步履不穩 Impaired motor function
- ↳ 距離感偏差 The perception of distance become distorted
- ↳ 流鼻水 Runny nose



## K仔:長期影響及傷害 Ketamine: Long term effect

- \* 記憶力受損 Memory loss
- \* 小便頻仍但斷斷續續, 赤痛  
Frequent urination and urinary incontinence
- \* 膀胱炎 Cystitis
- \* 胃炎 Gastritis
- \* 抑鬱 Depression

## 安眠藥: 吸毒後徵狀 Tranquillizers: Manifestation after drug

- ↳ 眼瞓 Drowsiness
- ↳ 輕鬆, 多言 Relaxed, talkativeness
- ↳ 口吃, 口齒不清 Slurred speech
- ↳ 缺乏思考力 Lack of thinking
- ↳ 有時會特別躁, 容易與人爭執 Agitation, conflict with other

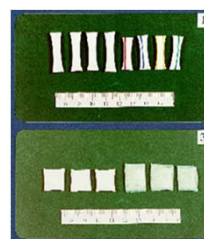


## 安眠藥:長期影響及傷害 Tranquillizers :Long term effect

- ↳ 記憶力受損 Memory loss
- ↳ 暴躁 Agitation
- ↳ 抑鬱 Depression
- ↳ 睡眠失調 Sleep disorder
- 斷癮徵狀：震顫、抽筋 tremor and cramp

## 海洛英: 吸毒後徵狀 Heroin: Manifestation after drug

- ↳ 烏眉 (眼皮下垂) Drowsiness
- ↳ 說話速度緩慢及含糊不清 Slurred speech
- ↳ 呼吸減慢及動作遲鈍 slow breathing and slow action
- ↳ 瞳孔收縮 pupils contracted
- ↳ 嘔吐 vomiting
- ↳ 昏睡 deep sleeping





## 海洛英: 斷癮徵狀 Heroin: Withdrawal syndrome

- \* 流眼水、流鼻涕 watery eyes, runny nose
- \* 打呵欠 yawning
- \* 食慾不振 loss of appetite
- \* 煩躁、震顫、驚惶 irritability, tremors, panic
- \* 感到寒冷、出汗、痙攣 chills, sweating, cramps
- \* 肌肉骨頭酸痛 severe muscle and bone ache

## 海洛英: 長期影響及傷害 Heroin : Long term effect

- ↳ 皮黃骨瘦及皮膚乾燥痕癢 thin and skin itch
- ↳ 心跳及血壓失常 irregular heart rate and blood pressure
- ↳ 月經失調、性慾減弱 menstrual problem , reduced sexual drive
- ↳ 感染丙型肝炎或愛滋病 infections such as Hepatitis B or AIDS
- ↳ 靜脈萎縮, 阻塞血管, 肌肉壞死 less soluble impurities causing death of tissues
- ↳ 過量海洛英還會導致濫用者死亡 overdose to death

## 新興毒品 New Drug

浴鹽 Bathing Salt

喵喵 Mephedrone

K2

鱷魚 Krokodil

烏羽玉 Peyote

開心水 Happy Water

咖啡粉 Coffee power

花塔餅 (哌嗪 Piperazine)

## 隱藏的吸毒者 Hidden abuser

\* 吸毒者隱藏吸毒行為的年期：4 年(中位數)

Median time for abuser to be discovered: 4 years

\* 及早識別，及早求助，及早治療

Early identification, early seek help and early treatment,

\* 減少對個人及社會的傷害及影響

Reduce individual and social harm

## 及早識別 early identification

- \* 生活作息 Life style
- \* 行為改變 Behavioural changed
- \* 情緒及精神異常 Adnormal emotion and mental state
- \* 朋輩圈子 Peer group
- \* 金錢運用 Money use
- \* 可疑物品 Suspicious material
- \* 鑑貌辨色 Manifestation

## 可疑物品 suspicious material



玻璃樽? Glass bottles

藥丸 pills

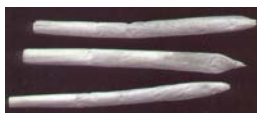
錫紙?

Aluminium foil



有白色粉末的紙張 paper packets with white powder

手捲煙 Hand-rolled cigarettes



空藥水樽?

Cough syrup bottles

小藥袋? Plastic bags

## 有關吸毒的暗語 Slang about drug

飲B  
 爆糖 凍嘢  
 隊草/食牛牛!  
 “僕”嘢  
 好Free呀! 可樂 上太空  
 high爆咗!  
 飛coke 好Dee  
 滴, 劃, 骨, 栽, 安

## 發現之後...After identification

### 支援父母: Support parents

- 冷靜下來, 不要反應過激 Remain calm, don't panic
- 認清事實, 不能掉以輕心 Don't minimize problem
- 教導直接對話, 表達關心 Talk to child directly and show concern
- 鼓勵尋求支援 Getting outside help and support

## 我們的初步工作 Our work

- \* 與吸毒者建立信任關係, 展開有關毒品的談話 build up trustful relationship and talk about drug problem
- \* 給予支持, 提升戒藥動機 give support and enhance motivation
- \* 評估自己的角色及訂立策略 identify helping role and helping strategy