

Did you know?

It is not safe to stop using Heroin “Cold Turkey.”

Symptoms of withdrawal from Heroin can be very serious!

Symptoms can start as early as 6-12 hours from the last time of use.

Symptoms to watch for:

- Slow and shallow breathing
- Clammy skin
- Blue lips or blue fingernails
- Convulsions or seizures
- Coma

Contact your doctor if you are thinking about making a change.

Together you will set up a plan for a safe way to make a change.

Where can I learn more?

www.drugabuse.org
www.nida.nih.gov

Something to try:

1. _____

2. _____

Community Resources:

1. _____

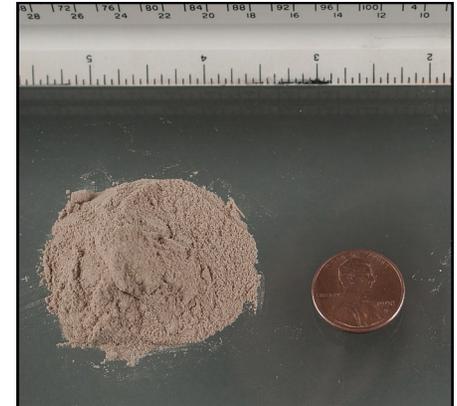
2. _____

Behavioral Health Specialist:

Phone number:

IndianaSBIRT

**WE ASK
EVERYONE.**



Heroin

 **IPRC** Indiana Prevention
Resource Center

Heroin



Heroin is a highly addictive narcotic drug that often causes dependence.

Heroin is made from morphine, which is a very powerful painkiller. Heroin acts like a painkiller in the body too, but over time it breaks down the parts of the brain that make people feel pleasure.

Heroin sold on the street is rarely pure. Instead, it is “cut” with other drugs or substances. It is difficult to know the strength of each dose, so users are at a high risk of overdose or death.

Needles and Heroin:

Sharing needles to inject heroin is very risky. When people share needles, they are at risk for getting:

- HIV
- Hepatitis B
- Hepatitis C

Needle use can also cause a complications such as an air bubble in the blood, which can cause a stroke.

Effects of Heroin

Head

Alternate between alert and drowsy (nodding off)
Dizziness
Drowsiness

Mouth

Dryness

Muscles

Weak

Skin

Warm
Flushed (red)
Abscesses
Dry
Collapsed veins

Stomach

Constipation
Weight loss, poor nutrition

For pregnant women

Miscarriage
Premature delivery
Low birth weight
Physical dependence in the baby: crying, tight muscles, vomiting, seizures

Other Feelings/Problems

Numbness in body
Heaviness in body
Fatigue

Heart

Infection

Lungs

Slower breathing
Risk of pneumonia
Chance of tuberculosis

Heroin use can effect your every day life.

You may notice :

- Feeling desperate
- A change in your personality that makes you feel depressed or irritated
- Isolation from friends or family members
- Not wanting to spend time doing what you enjoy doing (time with friends or family or hobbies)