

Signs of a heroin overdose include:

- Shallow breathing
- Very small eye pupils
- Cool, sweaty skin
- Convulsions (shaking)
- Coma

- ✓ Because street heroin is often "cut" with other drugs, users may not know the strength of the drug.
- ✓ Heroin can be deadly.
- ✓ If you think someone has overdosed on heroin, **CALL 911**
- ✓ Naloxone is a medicine that can reverse a heroin overdose.
- ✓ If someone you know is using heroin, talk to a doctor or pharmacist about having Naloxone on hand, just in case.

HEROIN ADDICTION CAN BE TREATED

To get help with addiction talk to your health care provider or contact Colusa County Behavioral Health.

Using heroin has serious health consequences. Look inside to see how much damage heroin can cause to your body - and to your life.

About Us

Address:

162 East Carson St.
Colusa, CA 95932

Telephone:

530-458-0520

Hours:

Monday - Friday
8:00am to 5:00pm

24 Hour Crisis Line:

1-888-793-6580

Website:

www.countyofcolusa.org

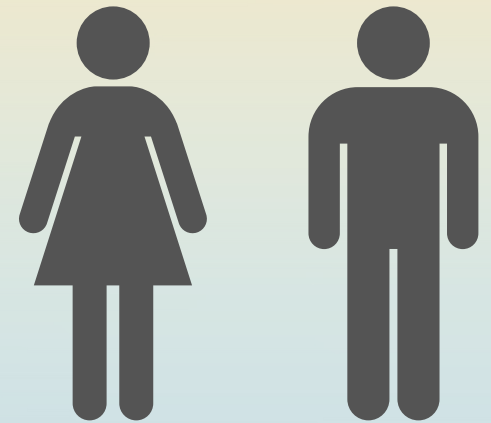
Facebook:

Colusa County Behavioral Health



GET THE FACTS

How Heroin Affects Your Body



PROTECT YOUR BODY

HOW HEROIN AFFECTS YOUR BODY

Heroin - also known as smack, skag, junk, or black tar - can be injected, sniffed or smoked. It is a very addictive and illegal drug. Using heroin affects every part of your body - and it can be deadly.

HEART

- Heroin can cause the heart to slow down or stop. This can lead to death.
- Injecting heroin can cause infections in the heart lining and valves.
- Chronic use can cause scarred or collapsed veins.

SKIN

- Injecting heroin can cause painful abscesses (boils).

LUNGS AND NOSE

- Heroin can slow breathing. If too much is taken, users can stop breathing altogether, causing brain damage or death.
- Heroin use can contribute to pneumonia or tuberculosis.
- Smoking or inhaling heroin can cause damage to the lungs and nose.

BRAIN

- Heroin enters the brain fast. It slows down your thinking and affects your memory.
- Heroin can cause a loss of balance, coordination and concentration.
- It makes a person feel very sleepy.

INFECTIONS AND DISEASES

- Sharing needles for heroin increases the risk of HIV, hepatitis B and hepatitis C.
- Heroin is often cut with additives. Some of these additives can clog blood vessels and cause infections in the lungs, liver, kidneys and brain.

IMMUNE SYSTEM

- Chronic users may develop arthritis or a weakened immune system.

PREGNANCY

- Heroin use while pregnant can cause birth defects, miscarriages, being born too early and too small and starting life addicted to heroin.

WITHDRAWAL SYMPTOMS

- Many people who use heroin find it very hard to stop using the drug.
- Withdrawal symptoms can be severe and include:
 - Extreme restlessness
 - Muscle and bone pain
 - Trouble sleeping
 - Diarrhea and vomiting
 - Chills
- Withdrawal symptoms can last from a few days to a few months.

