



**Did you know?  
Heroin withdrawal  
symptoms vary in each  
person.**

Many people feel symptoms that are similar to the flu, while others may have more extreme withdrawal symptoms.

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

**Overdose symptoms to watch for include:**

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

**Thinking about change?**

**Talk with your doctor about treatment options. Together, you will set up a plan for a safe way to make a change.**

**Something to try:**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

**Community Resources:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Behavioral Health Specialist:**

\_\_\_\_\_

**Phone Number:**

\_\_\_\_\_



**Because  
WE CARE,  
we ask  
EVERYONE**

**HEROIN**



**vital**  
Improving Wellness in Alabama



## 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 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)