



### 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 can set up a plan for a safe way to make a change.**



Engagement • Collaboration • Education

Visit us at [vitalalabama.com](http://vitalalabama.com)

Follow us!



#vitalalabama

# Because WE CARE, we ask EVERYONE

## HEROIN



**vital**  
Improving Wellness in Alabama

## Heroin

Heroin is a highly addictive narcotic drug that 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 affect your everyday life.

You may notice:

- Feelings of desperation
- A change in your personality that makes you feel depressed or irritated
- Isolation from friends or family members
- Not wanting to spend time doing things you enjoy (time with friends, family, or hobbies)