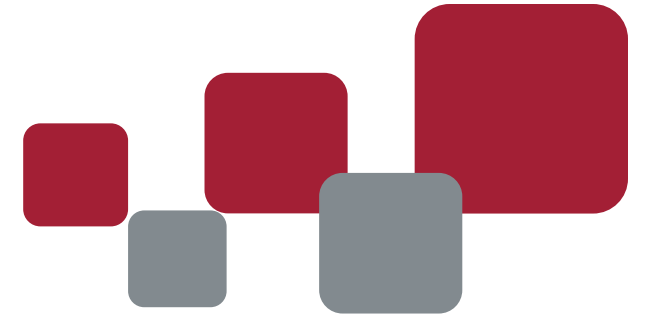


VitalAL
Improving Wellness in **Alabama**



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.

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**Because
WE CARE,
we ask
EVERYONE**

HEROIN



al-sbirt

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)