



Did You Know?

It is not safe to stop using heroin
"Cold Turkey."

Symptoms from withdrawal can start as early as 6-12 hours from the last time of use and those symptoms can be very serious.

Withdrawal symptoms to watch for:

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

You don't have to do this alone:

- 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

How can I learn more?

Visit this helpful website:
www.drugabuse.gov

Something to try:

Community Resources:

Behavioral Specialist:

Name _____

Contact _____

Name _____

Contact _____

Useful Websites/Literature:

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We Ask Everyone About Heroin



The Illinois SBIRT Initiative
Screening, Brief Intervention,
and Referral to Treatment

Heroin

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



Heroin is made of 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 allow people to 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

Improper needle use can also cause complications such as injecting an air bubble into the bloodstream, which can cause a stroke.

Effects of Heroin

HEAD

- Dizziness
- Drowsiness
- Alternate between alert and drowsy ("nodding off")
- Slower reaction times

FEELINGS/CONSEQUENCES

- Numbness in body
- Heaviness in body
- Fatigue

MOUTH

- Dryness

HEART

- Infection

MUSCLES

- Weak

LUNGS

- Slower breathing
- Risk of pneumonia
- Chance of tuberculosis

SKIN

- Warm
- Flushed (red)
- Abscesses
- Dry

STOMACH

- Constipation
- Weight loss due to malnourishment

PREGNANT WOMEN

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

Heroin use can affect your everyday life. You may notice significant changes in yourself, including:

- 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 (spending time with friends and family or pursuing hobbies or interests)