

# DID YOU KNOW?

It is not safe to stop using Heroin "cold turkey." Withdrawal symptoms can start as soon as 6-12 hours from the last time of use.

Symptoms to watch for:

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

Contact your doctor for help making a change!



Something to try:

Community resources:

My provider's name:



Indiana SBIRT

IndianaSBIRT.org



Thinking About Making a Change?

# HEROIN



# SELECTED EFFECTS OF HEROIN

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

It is made from morphine, which is a very powerful painkiller that, over time, breaks down the parts of the pleasure center in the brain.

## 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 serious complications. For example, if an air bubble gets into the blood, it can cause a stroke.

### HEAD

- Alternate between alert and drowsy
- Dizziness
- Drowsiness

### MOUTH

- Dryness

### SKIN

- Warm
- Flushed (red)
- Dry
- Collapsed veins
- Abscesses

### STOMACH

- Constipation
- Weight loss
- Poor nutrition

### FOR PREGNANT PEOPLE

- 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

### MUSCLES

- Weakness

## HEROIN AFFECTS DAILY 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)

### Sources Include

drugabuse.org  
nida.nih.gov  
FDA.gov