

Heroin Facts



Heroin appears as a white or brown powder or as a black sticky substance.

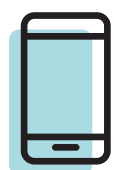
How can heroin affect your health?

- It can make your skin feel itchy.
- It can slow your breathing. Sometimes, it can stop your breathing and cause death.
- You can get HIV or hepatitis if you share needles with others or have unsafe sex while high on the drug.
- It can put you in a coma and you may not wake up.

What are signs of heroin overdose?

- Slow breathing
- Blue lips and fingernails
- Cold, clammy skin

It is common to overdose on heroin. You do not know the strength of the drug until you take it. People who overdose should be taken to the emergency room right away.



Do you have health questions?

Call our 24-hour Nurse Advice Line. We are here to help you.

English and other languages: **(888) 275-8750**

Español: **(866) 648-3537** TTY/TDD: **711**

What are signs of heroin use and addiction?

- A person who injects heroin will have marks on the skin where the needle went in.
- Heroin is very addictive. People who get addicted to heroin need to take more of it to get the same high.
- When you try to quit taking heroin, you might:
 - Feel pain in your muscles and bones
 - Get chills
 - Throw up
 - Be unable to sleep
 - Feel nervous
 - Feel a strong need to take the drug, sometimes years after you recover

Call your provider if you think you suffer from heroin abuse. You can recover!

Self-Help:

Narcotics Anonymous: <https://www.na.org>

National Drug and Alcohol Treatment Hotline:
(800) 662-HELP

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