

STAY SAFE:

- TEST your gear. Start with a small amount to avoid overdose.
- Use with a mate- one at a time.
- Keep Naloxone on or near you when using. Its no use if you don't have it with you.

AVOID VEIN DAMAGE:

- Be Patient.
- Shoot TOWARDS the heart
- Rotate your injection sites
- Drink lots of water BEFORE injecting and warm up your body- hydration & heat are key to finding a good vein.

SMOKING

- Avoid sharing straws or 'pipes'
- Keep your lips moisturised to avoid cracking and bleeding.

DRUG COMBINATIONS

DANGEROUS

Ketamine-vomiting & unconsciousness risk.

MXE- can increase effects of the heroin

DXM- CNS depression causing breathing difficulty, heart issues, possible opiate tolerance reduction

Cocaine- stimulant increases respiration rate allowing higher tolerance of opiates. If stimulant wears off before opiate, chance of opiate overcoming person cause you to stop breathing

Alcohol- increases sedation and can lead to unconsciousness and possible vomit aspiration (choking on vomit)

GHB/GBL- increases sedation and can lead to unconsciousness and possible vomit aspiration.(choking on vomit)

Tramadol- CNS depressant, increases risk of seizures in people taking other opioids

Benzodiazepines- increases sedation and can lead to unconsciousness and possible vomit aspiration

CAUTION

PCP-can reduce opioid tolerance, increasing the risk of overdose

N2O-increases effects,unconsciousness risk.memory black-outs are likely.

Meth/Amphetamines-stimulant increases respiration rate allowing higher tolerance of opiates. If stimulant wears off before opiate, chance of opiate overcoming person causing respiratory arrest

MAOIs-has been associated with rare reports of severe and fatal adverse reactions. There appear to be two types of interaction, an excitatory and a depressive one.

LOW RISK

Cannabis

SAFE DISPOSAL OF EQUIPMENT

Sharps from injecting and glass tubes used for smoking should always be disposed of responsibly to avoid unnecessary accidents and needle prick risks. Where possible use the yellow sharps containers available from NSPs. If you don't have a proper yellow bin, put the used sharp or glass into a solid plastic or glass bottle/jar/container and put the lid on before returning to an NSP (Needle & Syringe Program) This is the NSP logo.

New sterile syringes can be picked up, and used needles & syringes can be disposed of where this symbol is on display.



MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

www.hrvic.org.au/dancewize

www.bluelight.ru

www.erowid.org

www.dancesafe.org

www.bluebelly.org.au

www.tripproject.ca

This HEROIN resource is produced by DanceWize®, a program of Harm Reduction Victoria (HRVic)

www.hrvic.org.au



KNOW YOUR MIND, KNOW YOUR BODY, KNOW YOUR SUBSTANCE AND KNOW YOUR LIMITS!

This resource has been developed for party goers and people who are **already** using drugs.

The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use .

DESCRIPTION

Heroin is an opiate drug made from morphine, a natural substance taken from the seed pod of the various opium poppy plants grown in Southeast and Southwest Asia, Mexico, and Colombia. Heroin can be a white or brown powder -which is what is most common here in Australia- or can come in a black sticky substance known as 'black tar' heroin usually seen in Europe and North America. Heroin enters the brain rapidly and binds to opioid receptors on cells located in many areas, especially those involved in feelings of pain and pleasure and in controlling heart rate, sleeping, and breathing.

DOSAGE TIPS

Taking drugs is never without risk. Mentioned doses are based on the information available to DanceWize© at the time of print and we can not give any guarantee of safety as the effects can vary greatly from one person to another.

The “maximum safe dose” for heroin is **person-specific**.

Heroin can affect everyone differently. This can be based on:

- a person's size, weight & health
- someone's tolerance or whether a person is taking it regularly or is dependent on it
- if other drugs are taken in conjunction with it
- the amount taken
- the strength of the drug (It varies from batch to batch usually)

Heroin strength varies from deal to deal and batch to batch. If you are unsure, it is always best practice to take half your 'normal' dose first than to risk overdose.

ADMINISTRATION

Most commonly injected into a vein or is smoked ('chasing the dragon') but can also be shelved (rectal), snorted or drunk in a liquid.

DURATION

IV Injected

Onset- 0-5 minutes

Duration- 4-5 hours

After Effects- 1-24 hours

Smoked

Onset- 5-10 minutes

Duration- 3-5 hours

After Effects- 1-24 hours

HALF LIFE:

Heroin has a short half life as it is metabolized into morphine when crossing the blood-brain barrier, which actively binds to opiate receptors in the brain producing the high.

EFFECTS

The following is a list of possible effects, which may vary from person to person.

Physical

Itchiness

Sedation & drowsiness

Lethargy

Nausea

Respiratory depression

Dry mouth

Constipation

Increased energy

Increased perspiration

Decreased or increased appetite

Irregular menstruation

Pupil constriction

Decreased heart rate

Vomiting

Emotional

Moodiness

Depression

Euphoria

Psychological

Decreased sexual desire

Negative Long Term Effects

Dependence both physical and psychological, abscesses, infected heart valves, pneumonia, collapsed veins, blood borne viruses ie. Hep B and C and decreased liver function and cirrhosis (scarring of the liver) as a result of chronic Hepatitis

Withdrawal Symptoms can begin **within hours** of your last use.

Sneezing, excessive yawning, coughing, sweating, chills, restless legs, irritability, moodiness, insomnia, severe muscle & bone pain, diarrhea, increased urinating, dehydration, anxiety, nausea, vomiting, cramps, involuntary spasms, sensitive genitals (females)

ROADSIDE DRUG TESTS:

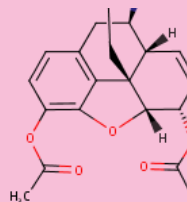
Heroin is **not** tested for in roadside drug tests.

STREET NAMES

Smack, gear, hammer, 'H', dope, junk, skag, harry, black tar, china white, the dragon, homebake, horse

CHEMICAL COMPOUND

Diamorphine, diacetylmorphine, or morphine diacetate.



SAFER USING TIPS

INJECTING

- Wash hands AND the injection site with soap & water
- Wipe down the mixing up area with an alcohol/ chlorhexidine swab
- Swab your injection site (with a new swab)

Keep your OWN equipment for your OWN use and DONT SHARE.

Use only **NEW**/sterile syringes/needles, swabs, filters, and use sterile water if possible.

Where it isn't possible to get sterile water, use filtered water or cooled down, boiled kettle water.

***Bottled water IS NOT STERILE.**