



# HEROIN

diacetylmorphine, h, dope, smack

## What is Heroin?

- Heroin ("smack", "junk", "dope", "H") is made from the opium poppy. It belongs to a class of drugs known as opiates, along with opium and morphine.
- Heroin can come in a white or brownish powder (sometimes grainy) or a dark brown substance (sometimes sticky) known as tar.
- Heroin bought on the street almost always contains "cuts" (adulterants), and is rarely pure.
- Because Heroin has a street value of its own, it is virtually never used as a "cut" for Ecstasy pills, despite popular misconception.

## How is Heroin used?

- Heroin is snorted, smoked (chased), ingested orally or injected.

## What are the effects of Heroin?

- Heroin users often report feelings of warmth, wellbeing, euphoria, and contentment.
- Since opiates are painkillers, heroin can reduce or eliminate pain.
- Negative side effects include nausea, vomiting, constipation, itchiness, and slowed breathing.

## What is the dosage of Heroin?

Every individual reacts differently to every chemical, This information is intended to describe the range of dosages others report using and it should not be construed as a recommendation of any sort. Individuals can respond very differently to the same dosage. What is safe for one can be deadly for another.

- An average dose of heroin can vary widely, based on purity, tolerance and ingestion method.
- Insufflated doses range from 5mg - 150mg, intravenous doses range from 5mg - 60mg, smoked doses range from 15mg - 30mg, and oral doses range from 50mg - 70mg.

## Harm Reduction Tips for Heroin

- Heroin is a Schedule I controlled substance and is illegal to possess, buy, distribute, or manufacture in the United States. A conviction for possession or sale can carry long prison sentences.
- Addiction is a risk of heroin use, whether you are snorting, smoking, consuming orally or injecting.

- Because purity and individual tolerance vary, overdose is a significant risk.
- Sharing injection equipment runs the risk of HIV and Hepatitis infection.
- Heroin injectors also run the risk of bacterial infections. • When injected, all of the heroin enters the bloodstream at once, increasing the risk of overdose, however, snorting and smoking an also lead to an overdose.
- Heroin use can lead to unconsciousness (nodding out) and death.
- It is possible to overdose on heroin by itself, although most drug overdoses occur when a person is using more than one substance or using after a break. To help avoid this, always test a small amount before using more.
- If someone stops breathing, has no pulse, or turns blue call 911 immediately. Tell the 911 operator- "Someone has stopped breathing" and begin artificial breathing. Because there are antidotes to opiate overdoses, when the paramedics arrive tell them exactly what the person used.
- It is important to use a sterile syringe and clean injecting equipment. Use clean water when preparing to inject, and a clean surface to prepare your shot on. Clean the injection site with an alcohol pad or antibacterial soap. Never share needles, cookers, cotton filters, water, or alcohol pads.
- Clean injection supplies can be obtained from a Syringe Exchange Program and sometimes at a pharmacy. Information is available from your local health department, AIDS prevention program, or DSUSA@DanceSafe.org.
- Possession and sale of heroin are illegal and can lead to significant jail sentences.