

Heroin

Avoid This Deadly Drug



Guides for Good Living

Heroin is deadly.

Heroin is one of the worst drugs. Heroin users destroy their bodies with every use. Many users die suddenly. Others die in great pain.

Heroin is addictive, which means people cannot stop taking heroin.

About 80,000 people get hooked on heroin every year.

Using heroin leads to diseases. The needles used to take heroin can cause deadly diseases like HIV/AIDS and hepatitis.



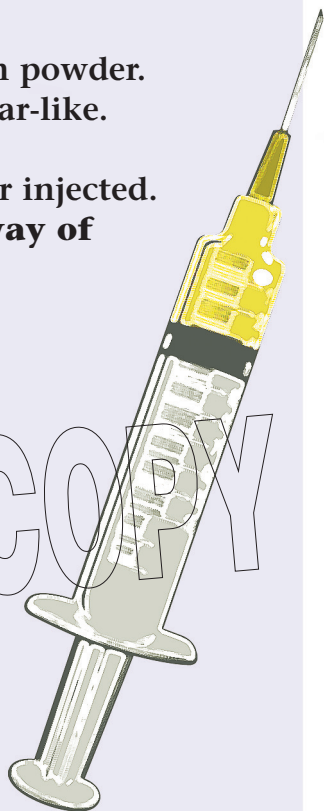
Heroin is illegal to have or use.

Heroin comes as a white or brown powder. It may also be black, sticky, and tar-like.

Heroin can be smoked, snorted, or injected. Most people use needles. **Every way of taking heroin can be deadly.**

Other names for heroin include:

- H
- smack
- junk
- skag
- horse
- china white
- chiva
- black tar
- fix
- dope
- brown
- dog
- nod



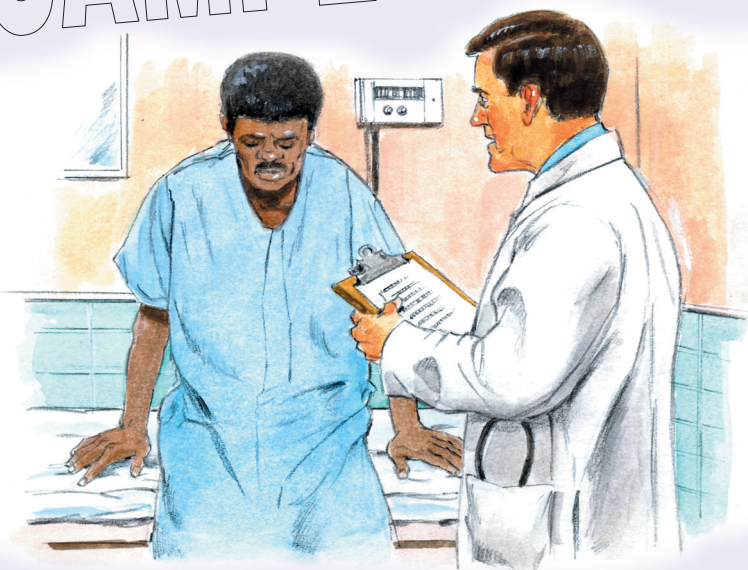
Drug dealers add other things to heroin before selling it. They may add anything from powdered milk to rat poison.

What does heroin feel like?

Heroin affects the body like pain medicine. A person feels sleepy and peaceful. A person using heroin may do nothing except sit around for hours.

The peaceful effects of heroin get less and less with every use. Heroin users think they need to take more of the drug to feel good again. Instead they feel:

- Itching skin
- Nausea and vomiting
- Constipation
- Heavy arms and legs



Heroin changes lives for the worse. Users can get hooked after just one try.

People can die from using heroin one time.
An overdose of heroin can stop a heart or cause breathing problems that kill the user.

People who use heroin for a long time have many illnesses, like:

- Lung illnesses (pneumonia, tuberculosis)
- Clogged blood vessels
- Arthritis
- Liver disease
- Skin infections
- Psychological problems

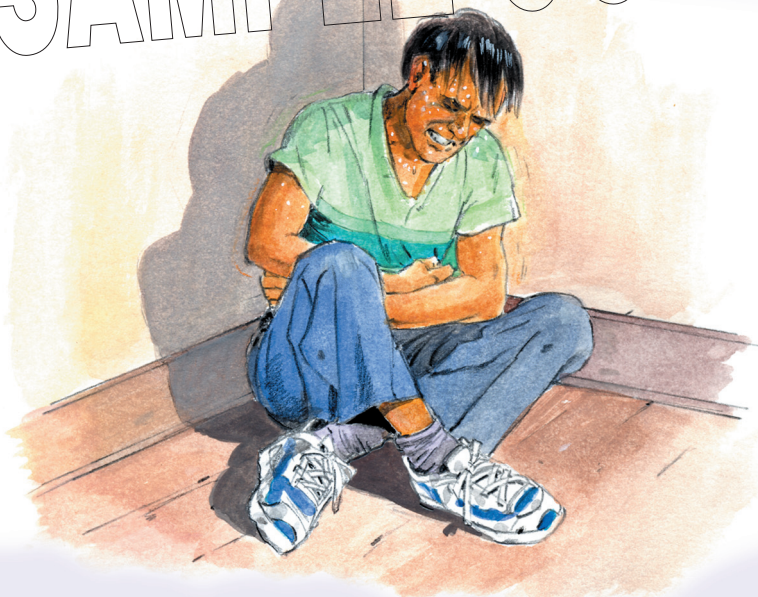
Using a needle to take heroin has extra risks. An unclean needle can infect a user with deadly diseases like:

- HIV/AIDS
- Hepatitis
- Heart infections

It is hard to stop using heroin. Users who try to stop go through withdrawal. Their body thinks it needs more heroin. Signs of heroin withdrawal include:

- Runny nose
- Pain in muscles and bones
- Restlessness, can't sleep
- Stomach cramps
- Diarrhea and vomiting
- Out of control body shaking
- Heavy sweating, chills
- Racing thoughts, feeling anxious

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Heroin users have a serious risk of death. Many users overdose and stop breathing. Their lips and fingernails turn blue and their hearts stop.

People who take too much heroin almost never get the medical help they need. Friends sit by and let the addict die because they are afraid they will be arrested if anyone finds out they are using heroin.

Treatment is available for people who want to quit using heroin. Some places to find treatment programs are:

- Hospitals
- Public health clinics
- Church groups
- Community centers

**Know the facts. Know the risks.
Don't use heroin.**

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INSIGHT
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