



KNOWLEDGE IS THE KEY

get the facts on

HEROIN

Heroin is a highly addictive drug!

Heroin is typically sold as a white or brownish powder, or as a black sticky substance. It can be injected, smoked, or sniffed/snorted.

The strength of heroin varies and can be unpredictable, this puts users at risk for lethal overdoses, especially on first use.

Typical effects of heroin include an initial "rush" of good or clouded feelings. This is followed by a period where users alternate between drowsiness and wakefulness. Heroin affects both heart rate and breathing and can sometimes stop breathing completely.

Many start using heroin by first abusing prescription pain medications. In fact, this is what we often see with young people.

What can parents do?

- Talk to your child about the danger of heroin use
- Secure, monitor, and safely discard medications in your home
- Discuss the power of prescription drugs and the risk associated with inappropriate use.

More Information:

DrugFacts: Heroin <https://goo.gl/j5Ufha>

Medication Disposal: Questions and Answers <http://goo.gl/1KbtSz>