

DRUG WARNING

Heroin overdose after using **COCAINE**

Know the risks

- Heroin can cause life-threatening overdose, even in a single line of powder.
- People who have never or rarely used heroin or other opioids are at highest risk of overdose.
- You are at increased risk of overdose if you:
 - Re-dose when you are not getting the desired effect.
 - Use a high dose.
 - Use with other drugs e.g. alcohol, benzodiazepines, ketamine, GHB, opioids.
 - Use drugs when you are alone.

Effects to look out for

- Use of heroin may result in pinpoint pupils, drowsiness, loss of consciousness, slow breathing/snoring and skin turning blue/grey.
- Be on the lookout for unexpected symptoms, such as drowsiness following use of a stimulant (e.g. cocaine).

Getting help

If you or your friends see the warning signs of overdose:

Seek help immediately from your nearest emergency department or call **Triple Zero (000)**. You won't get into trouble for seeking medical care.

Start **CPR** if someone is not breathing.

Use **naloxone** if you have it. Call '000' even if naloxone has been given.

One death and two hospitalisations have recently been associated with heroin overdose after use of substances thought to be cocaine across Sydney.

Support and advice

For free and confidential advice:

- Call [Alcohol and Drug Information Service \(ADIS\)](#) on 1800 250 015 at any time 24/7. Start a [Web Chat](#) with an ADIS counsellor Mon-Fri, 8.30am-5pm.
- Call [NUAA](#) & DanceWize NSW's PeerLine on 1800 644 413 (Mon-Fri 9am-5pm) or visit [NUAA](#) for a range of resources on opioids and naloxone.
- Call the [NSW Poisons Information Centre](#) on 13 11 26 for information on adverse effects from drugs.
- Visit [Your Room](#) for fact sheets and other resources.



Take Home Naloxone Program

- **If you use cocaine and/or opioids you should carry naloxone.** Drugs sold as cocaine have been found to contain opioids.
- **Naloxone** is an easy to use, life-saving medicine that can temporarily reverse an opioid overdose. People at risk of experiencing an opioid overdose or who may witness an overdose can get naloxone for free without a prescription from some NSW community pharmacies, NSW Health needle and syringe programs, opioid treatment services and NUAA.
- Visit [Your Room](#) for participating sites and more information on take-home naloxone.
- NUAA can mail you naloxone for free in a discreet package. Order via their online shop: shop.nuaa.org.au or call (02) 8354 7343.

