

DRUG WARNING

Four heroin overdoses following use of cocaine

Know the risks

- Heroin and other opioids may be sold as or found in cocaine, methamphetamine and MDMA.
- Small amounts of opioids can cause life-threatening overdose in people who have never or rarely use opioids.
- You cannot always tell the difference between heroin, cocaine and methamphetamine by appearance.
- The risks of overdose are increased if you:
 - ✘ Use a high dose, or re-dose when you are not getting the desired effect.
 - ✘ Use with other drugs (for example alcohol, benzodiazepines, ketamine, GHB or opioids).
 - ✘ Use drugs alone.
 - ✘ Use a new batch.
- Fentanyl test strips do not detect heroin or many other opioids.

Effects to look out for

- Unexpected drowsiness, pinpoint pupils, loss of consciousness, slow breathing/snoring and skin turning blue/grey after using a stimulant (for example cocaine, methamphetamine or MDMA).

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.



Two people have died and another two admitted to hospital with heroin overdose after using what they believed to be COCAINE in Sydney

Take Home Naloxone Program

- **Naloxone** is a life-saving medicine that can temporarily reverse an opioid overdose. Naloxone is available in a very easy to use nasal spray, and as a pre-filled injection.
- **You should carry naloxone if:**
 - You are using drugs such as cocaine, methamphetamine, MDMA or opioids.
 - You are hosting or going to a party where drugs will be present.
- If you are at risk of experiencing or witnessing an opioid overdose you can get **naloxone for free without a prescription in NSW** from some community pharmacies, 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 in a discreet package. Order via their online shop: shop.nuaa.org.au or call (02) 9171 6650.

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.



For up to date alerts, visit

<https://www.health.nsw.gov.au/drugalerts>

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