

KEEPING SAFE

THE BEST WAY TO KEEP SAFE IS NOT TO USE HEROIN AT ALL

Two major problems for heroin users are:

Overdose - from taking too much heroin at once or mixing it with other drugs.

Getting an infectious disease - like HIV/AIDS or hepatitis C from sharing infected syringes or other equipment used to inject.

Ways to reduce the risk of overdose include:

- Trying a small quantity first because it might be much stronger than you think
- Never mixing heroin with other drugs like alcohol or pills
- Always making sure that someone else is around when you use
- Knowing what to do if someone overdoses

Ways to reduce the risk of getting infectious diseases include:

- Using a new needle and syringe every time you use
- Never sharing any injecting equipment (this includes tourniquets, spoons, water, filters, swabs)
- Always washing your hands before and after injecting
- Finding out about safer ways to use

DEALING WITH OVERDOSE

If a person looks as if they have overdosed DON'T leave them to get over it. Keep calm and:

- Put them in the recovery position (some people call this the coma position)
- Dial triple zero (000) and ask for an ambulance
- Do what the ambulance officers say
- Stay with the person, even after they have revived

Remember! It only takes a few minutes for someone who has stopped breathing to die. Police will usually not be called unless the ambulance officers feel hassled or someone has died. However sometimes, police will choose to attend an overdose.

HELP FOR HEROIN USERS

If a person is concerned about their heroin use, they need to be encouraged to get help from their local Aboriginal Health Worker, doctor or a drug and alcohol service. Families and friends who are worried about someone who is using heroin can also get support and information from these places.



**ABORIGINAL
DRUG AND ALCOHOL
COUNCIL (SA) INC.**



**INDIGENOUS
SUBSTANCE MISUSE
HEALTH PROMOTION UNIT.**

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HEROIN

Effects
on the
body



USE THE BODY PICTURE TO IDENTIFY THE EFFECTS (SHORT TERM AND LONG TERM) THAT THIS DRUG IS HAVING ON YOUR

BODY

