

# 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](http://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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