



## **\*DRUG ALERT – Heroin\* - 17<sup>th</sup> October 2018**

Sheffield DACT and Sheffield Treatment and Recovery Team (START) have received information which suggests that some heroin being sold in the city at the current time is particularly pure – there have been three overdoses reported in the past 48 hours.

### **Harm Reduction advice for anyone using heroin:**

- **Don't use drugs from unknown sources;**
- **Do not use alone**, and take it in turns to use the drug: if anything happens to your friend someone will still be ok to call an ambulance;
- **Smoke a small amount first** to test the heroin; this should give some indication of the potential risk (overdose can still occur from smoking if other depressants have been used);
- **If you inject, do so very slowly** –injecting slowly, ten units at a time will not alter the 'hit'. Give it time to work;
- **Do not mix substances** – particularly with alcohol, sleeping tablets, methadone and other prescribed medication;
- **Be especially careful if you have just had a period free of substances** and your tolerance may have lowered;
- Some users and their peers in the city have been issued with take home Naloxone kits. Naloxone will reverse the effects of an opioid overdose however it is **vital that an ambulance is called first** in the case of OD, as once Naloxone wears off OD can come on again – Naloxone is shorter acting than opiates this is why **calling an ambulance first is vital**.

### **If you are an agency working with drug users:**

- Display this alert in waiting rooms/appointment rooms and all public spaces in your service;
- Issue harm reduction advice to all people using drugs that you're working with;
- Report any intelligence about possible sources to DACT.

### **If you wish to speak to someone about your drug use:**

For support with heroin or any other opioid based drug call the Opiate Service on 0114 305 0500 or drop into the service at The Fitzwilliam Centre, 143-145 Fitzwilliam Street, S1, to speak to someone in person.

**If you think you or anyone else has become ill as a result of drug use call 999 immediately and stay with the person until the ambulance arrives.**