



**Heroin**, Smack, H, Gear.

**What is it?** One of a number of opiates derive from the poppy plant, heroin comes most commonly in the form of a white powder which is either injected (after being mixed with water) or smoked (known as chasing the dragon). It is also known as horse.

**The highs** Heroin creates a rush of pleasure and users tend to feel they cannot be harmed and may feel detached from the outside world.

**The lows** Heroin is, both physically and emotionally, a highly addictive drug. Withdrawal, once addicted, is difficult, and the symptoms include drowsiness, sweats, bone and muscle pain, diarrhea, cramps, anxious breathing, vomiting and possibly even coma. Overdosing can be fatal, as can combining it with large amounts of alcohol. Sharing needles carries a greater risk of infection with HIV, AIDS and Hepatitis.

Health Promotion Unit.