

Heroin Overdose

Several heroin-related deaths have been reported in King County recently.

It is not yet clear if the deaths are due to stronger heroin, a contaminant, or some other reason. Some of the deaths appear to have been caused by a newer type of heroin that is hard, brittle, and dark in color. Some deaths appear to have been caused by black tar that looks normal.

Until we learn more, Public Health advises all users to treat all heroin as suspect.

Reduce your risk for overdose:

- ➔ **Don't use alone.** When you fix alone or behind a locked door, no one can help you if you overdose.
- ➔ **Test for strength & quality.** When you use a new supply or dealer, do a tester shot first. Inject slowly.
- ➔ **Tolerance.** If you have not used in a while, your body can't handle the same amount it did before. Start with a smaller amount. Do a tester shot.
- ➔ **Mixing drugs.** Mixing heroin or other opiates with downers like benzos or alcohol can be deadly. Uppers and downers **DO NOT** cancel each other out!
- ➔ **Naloxone.** Know how to use it! You can get naloxone at the Robert Clewis Center (downtown needle exchange).

SAVE A LIFE!

If you are with someone who overdoses:

- ▶ **Call 911.**
- ▶ Give **RESCUE BREATHING** if the person is not breathing on their own.
- ▶ Give **NALOXONE.**

911 Good Samaritan Law

Under WA law, if you think someone is **OVERDOSING** and you **SEEK MEDICAL HELP** for the victim, neither of you will be charged for **POSSESSING OR USING A SMALL AMOUNT OF DRUGS.**

