

ACTION ALERT

HARM REDUCTION

SAVES LIVES**DRUG
SUPPLIES
ARE
CHANGING**

YOUR DRUGS CAN BE MIXED WITH NITAZINES OR OTHER DANGEROUS SUBSTANCES

Some drugs sold on the local street markets are contaminated with new, very strong and toxic substances and have caused a number of deaths across the country. For now, nitazenes are the most common.

It impossible to tell if the drugs you have bought contain nitazenes, but you can reduce the risk of harm and overdose.

Nitazenes are man-made (synthetic) opioids. They are hundreds of times stronger than heroin, even stronger than fentanyl.

Taking even tiny amounts makes the risk of overdose and death much higher.

Taking more than 1 drug at the same time increases the risk of overdose even more.

Nitazenes have been found in heroin mainly, but also in other drugs including 'spice', 'street benzos', cocaine and illegal vapes.

**WHAT ARE
NITAZINES
?**

SYMPTOMS OF NITAZENE OVERDOSE

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Symptoms of nitazenes overdose are like those of heroin and other opiates and can include:

- Very light shallow breathing or no breathing
 - Loud, raspy 'snoring' or gurgling
 - Slow heart rate
 - Low blood pressure
 - Falling unconscious
- Blue or pale lips or fingertips.

Drug supplies change, best test first.

- Start with a small amount or, inject slowly, to test the effect.
- If possible, use with other people. Using alone is much riskier, as there is no one to look out for you if you overdose. If using alone, let someone know you are using.
- Look out for others and for the signs of overdose.
- Naloxone: get it, carry it, use it.

**REDUCE
HARMS**

If someone overdoses: act fast, don't wait to see if they will recover – you could save their life.

- ✓ Call 999 and ask for an ambulance immediately.
- ✓ Check they are breathing.
- ✓ Put them in the recovery position: on their side with their head resting on their arm.
- ✓ Give them naloxone as soon as possible.

**SAVE A
LIFE**

NALOXONE SAVES LIVES



If you don't have any naloxone or want more advice, contact your local drug and alcohol service. If you are not in treatment, get into treatment; it will reduce your risks.

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