

# Heroin

## Harm and Reduction

### Dependency

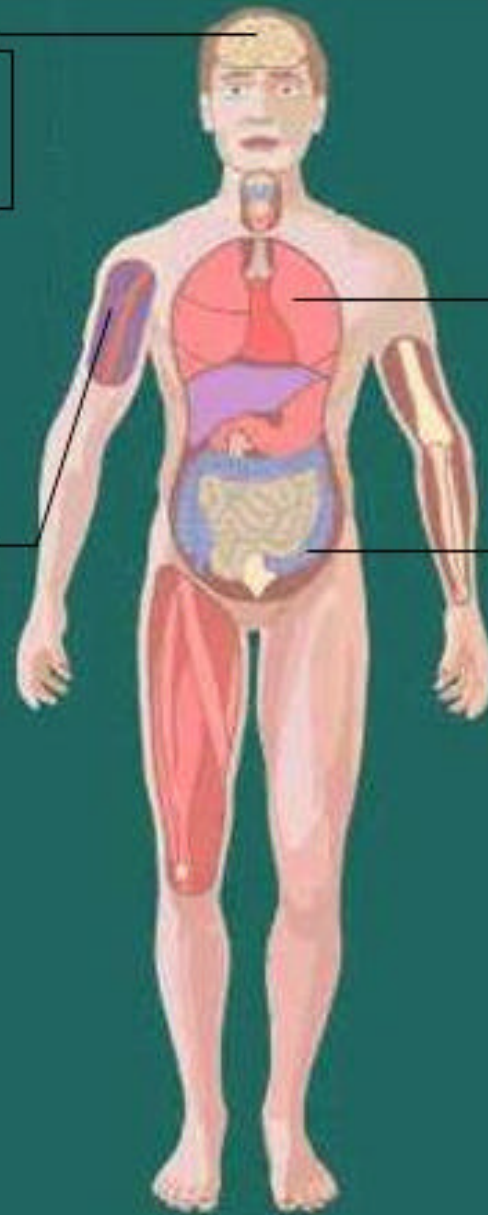
Use infrequently if not dependent

### Injecting Risks

Smoke or rectal instead  
don't share, injecting technique  
Rotate sites

### Overdose:

Watch for tolerance dropping  
Use with company  
Don't mix with other drugs  
Retitrate when moving from smoking to injecting



**Cough Suppression; risk of pneumonia and bronchial probs**  
Check-ups, prompt treatment for chest infections

**Constipation**  
Diet, supplements  
Massage, medical help