

DRUG ALERT: Contaminated Heroin

Police have attended several drug overdoses in Colchester in the last week. Drugs were found on the scene & test results showed that the heroin had been contaminated with PROTONITAZENE (synthetic opioids) which could be fatal due to their increased potency.

Staying Safe and helping others:

The only way to avoid all the risks is to not take drugs which are not prescribed for you. However, if you do choose to take them, remember:

- **Go low and slow** - Be extra cautious about the sources from which you get your drugs, and about the drugs you are taking; maybe starting with just a quarter hit of a new supply.
- **Do not use alone**; make sure that someone you trust is present and equipped with a couple of naloxone kits.
- **If using with others**, it is best if only one person uses the drug first and uses less as a test dose.
- **Don't mix drugs**: Using more than one drug increases your risk of overdose, including mixing with alcohol.
- **Naloxone won't work on non-opiate drugs, but it is always worth having a kit available.** If in doubt you can use naloxone in any overdose situation. You may need to use more doses of naloxone if the drugs used contain nitazenes.
- **Look after friends**: Look out for the signs of overdose, e.g. loss of consciousness, shallow or absent breathing, 'snoring' or loud 'rasping', and/or blue lips or fingertips.
- **If you feel unwell**, seek help immediately by either calling 111 or going to hospital to seek medical advice
- **Be prepared to call for help immediately**: dial 999 and get an ambulance
- **Use the testing service available at www.wedinos.org**

If you don't have a naloxone kit, or yours has expired, please contact us on the details below:

If you want more information and advice on drugs or alcohol or if you are concerned about your own or someone else's substance misuse, please contact Open Road:

Call 0844 499 1323

Email: info@openroad.org.uk

Access our live web chat at www.openroad.org.uk