



# Contaminated heroin warning

There have been a number of cases where people have contracted botulism in the UK after using contaminated heroin

## Botulism can kill if not treated quickly

### If you experience any of these symptoms go to A&E immediately:

- blurred or double vision
- slurred speech, difficulty speaking
- difficulty swallowing
- difficulty with tongue and lip movements
- drooping or falling of the upper or lower eyelid
- extreme weakness
- possible inflammation at the injection site
- paralysis that can affect the arms and legs
- difficulty breathing

### Missed hits, muscle or skin popping put you most at risk

Reduce your risk by:

- stopping heroin use altogether
- smoking heroin\*
- making sure you hit a vein
- if using more than one drug, inject these in to different body sites

Local services that can help you:

\* Smoking heroin is usually safer than injecting. However, smoking is not without risks and infections can result from smoking contaminated heroin. Foil for smoking is now available from many needle and syringe programmes.