

## What are opioids?

Opioids are a group of depressant drugs. This includes codeine, tramadol, morphine, heroin, and fentanyl, all of which have different doses.

## Did you know?

The opioid fentanyl can cause people to overdose at very small amounts. Fentanyl test strips can be used to find out if fentanyl is present in other drugs.

## During use, it can make you feel:

Relaxed	Dizzy
Euphoric	Nauseous
Pain relief	Lethargic

Numb	Heart rate changes
Sensations of floating	Erectile dysfunction
Slowed breathing	

Sick / vomiting
Difficulty breathing
Seizures
Death

## Afterward, signs of a comedown can be:

You are unlikely to experience a comedown from one-off use of an opioid. However, signs of withdrawal are:

Watery eyes

Runny nose

Yawning and disturbed sleep

Chills or sweating

Feeling anxious or irritable

Upset stomach, diarrhoea, vomiting

Body aches and shaking

**Withdrawal symptoms may last several weeks after stopping**

## If someone is experiencing:

Pinpoint pupils

Breathing slowly or not at all (may be gurgling/snoring)

Seizures

Loss of consciousness (or unresponsive)

## Then:

Call 111 for an ambulance

Use Naloxone

Lie them on their side with open airways

Stay with them

Reassure them

## Be safer with opioids by:

- > Carrying the opioid overdose reversal drug naloxone
- > Using drug checking services
- > Starting with a lower dose and avoid taking more
- > If injecting or snorting, use sterile equipment and surfaces
- > Use drug checking services and fentanyl test strips
- > Have a buddy who knows the signs of an overdose and can get help if needed
- > Not mixing with alcohol or other drugs that slow down your body

## Look after yourself by:

- > Taking a break to let your brain and body recover

## Consider making changes if:

Use is affecting relationships, study, or work

Unpleasant effects outweigh the pleasant effects

## Get support to make changes if:

You are wanting to cut down after using regularly or in large amounts

You are spending more time/money on opioids than you want

You are always thinking about opioids

It is affecting your mental health

Others are concerned about your use

## Seek professional help if you or someone you know is:

- > Experiencing low mood or anxiety
- > Using more to get the same effect or feel 'normal'
- > Experiencing physical problems
- > Having suicidal thoughts

## For support and information contact:

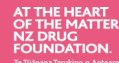
Alcohol Drug Helpline Txt 8681

Call 0800 787 797

[drugfoundation.org.nz](http://drugfoundation.org.nz)

[wharaurau.org.nz/taiohi.org](http://wharaurau.org.nz/taiohi.org)

[TheLevel.org.nz](http://TheLevel.org.nz)



## OPIOIDS



Āta haere i a koe e hōpara I te ao  
Take care as you explore the world