

Public Information Bulletin

“Cheese” (Heroin)



What Is “Cheese” Heroin?

- Black tar heroin combined with crushed Tylenol PM tablets
- Highly addictive and very dangerous
- Tan-colored powder usually snorted through the nose with a tube, straw, or small ballpoint pen
- Packaged in a small paper bindle (shown at left) or zip lock baggie
- Can be bought for as little as \$2
- Popular among Hispanic juveniles, both male and female
- Has been identified in more than a dozen Dallas ISD secondary schools and surrounding suburbs

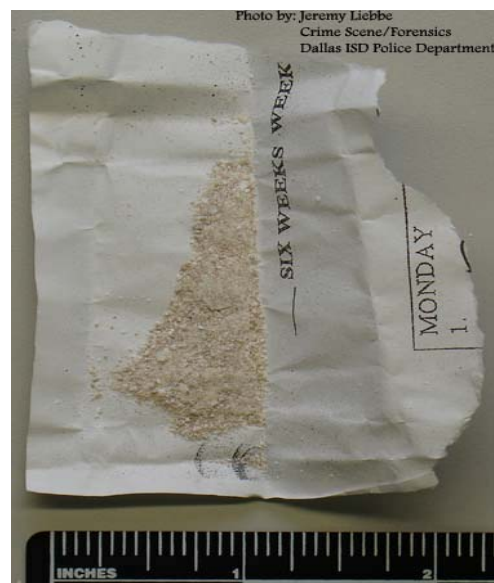
Symptoms of Use

- Drowsiness and lethargy
- Euphoria
- Excessive thirst
- Disorientation
- Sleepiness and hunger
- Sudden change in grades and friends
- Unusual bloody noses

Symptoms of Withdrawal

(May begin within a few hours of use)

- Mood swings, insomnia
- Headache, chills, nausea, vomiting – like a bad case of the flu
- Muscle spasms/bone pain
- Anxiety, agitation, disorientation
- May last five to six days



Who To Call For Help

- A heroin overdose results in respiratory depression. If you think someone has taken heroin and they are “passed out,” call 911. Do not let them sleep it off lying on their back. Get help
- If you encounter “cheese” in your school, contact the Dallas ISD Police Department at **(214) 932-5627**
- If you have information about drug dealers or drug locations, contact the Dallas ISD Police Narcotics Hotline at **(214) 932-5695**
- If you or someone you know needs help fighting addiction, contact the Greater Dallas Council on Alcohol and Drug Abuse at **(214) 522-8600**