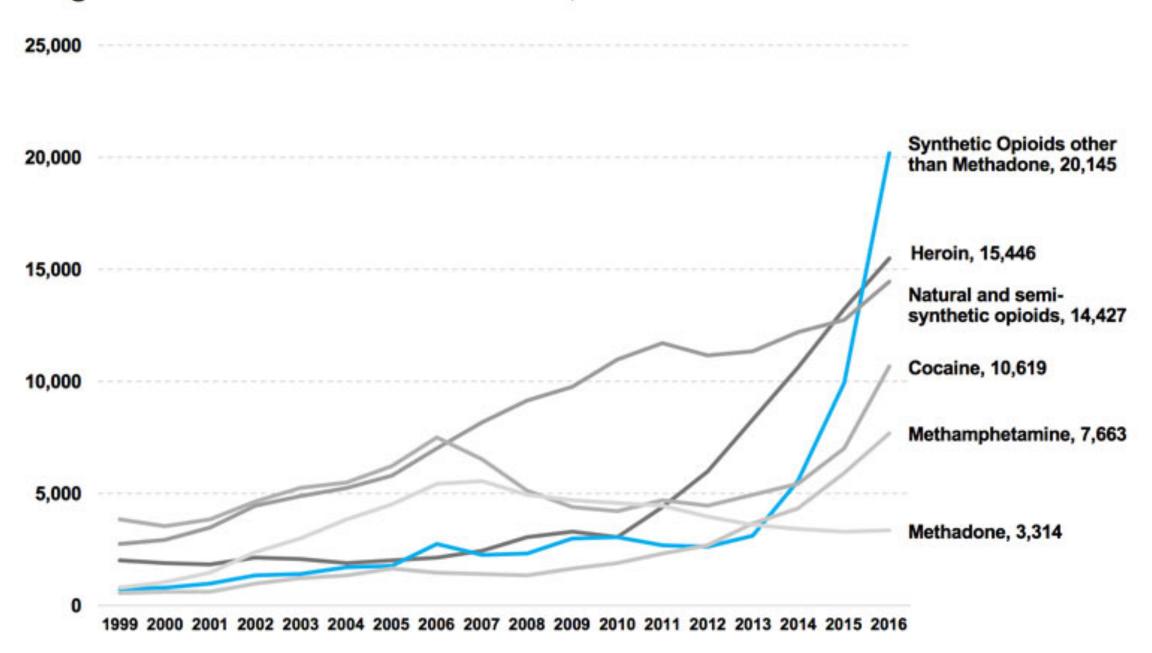


### Drugs Involved in U.S. Overdose Deaths, 2000 to 2016













# Recovery Oriented System of

## ROSCare

Residents

Visitors

Econ. Dev.

About Clark County

Elected Officials

Services

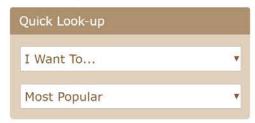
Departments

ClarkConnect

Search

Q

### Clark County / Fire / UrbanStations





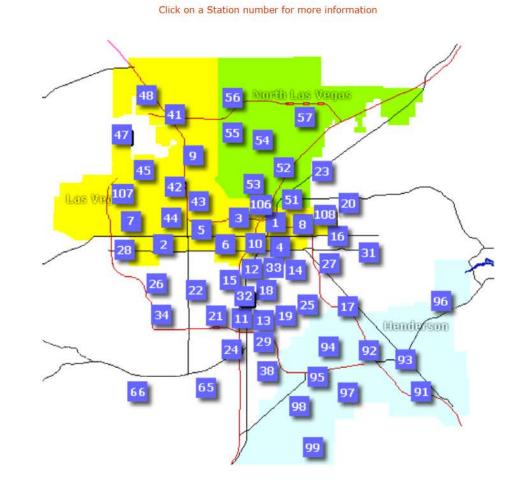
Rural Stations

Other Fire Departments

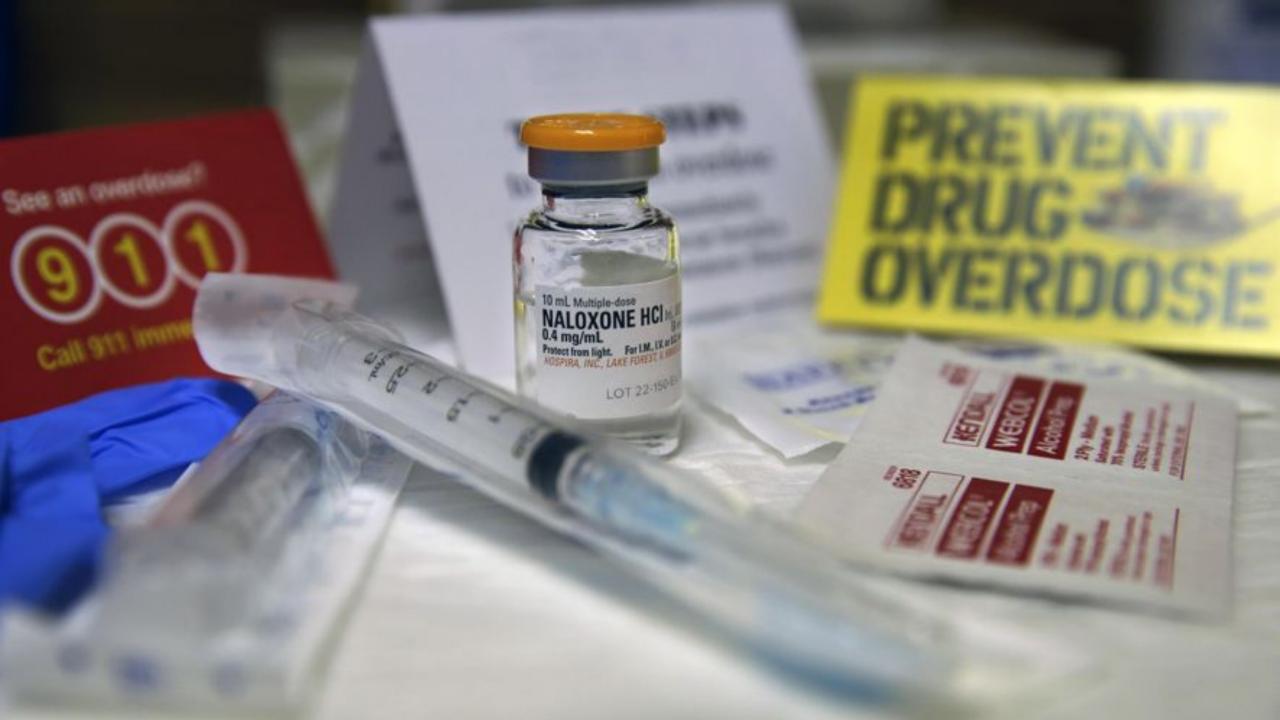


### Fire Department









### **IS FOR** HEROIN

### Constipation

Heroin slows down your body's functions. Constipation is one of the most annoying effects of a heroin habit.

### Tips to help prevent constipation:

- Poop before you shoot! Because irregularity is a fact of life for heroin users, it's
  especially important to listen to your body. If you feel the urge to go, and you're near
  a toilet, do it.
- Get some fiber in your diet. Eating fresh fruit and veggies is the best way to do this. If that isn't enough, a daily fiber supplement does the job for most people. Psyllium fiber, found in herb or health food stores, is healthier than laxatives—and cheaper, too!
- Drink plenty of water and/or juices. Water is important for healthy bowel functions.
   (Alcohol and caffeine are dehydrating so don't count them as part of your fluids.) Get some exercise. Lying around doing nothing makes your system more sluggish.





MI **ACES** 

**Mental Health** SUD

**Harm reduction** 





**Post OD Response Safe Stations** 

911 Harm Reduction

**Mobile MAT** 



### **Photo credits**

- Resuscitation team- http://www.vorply.com/media/1000/resuscitation-science-0.jpg
- Larazus- http://www.biblestudyresources.org/jesus-raises-lazarus-from-the-dead.html
- Narcan- https://localtvwiti.files.wordpress.com/2015/09/narcan.jpg?quality=85&strip=all
- Ada County- https://adacountyparamedics.files.wordpress.com/2013/03/funny-paramedics1.jpg
- Clark County firehouse map- http://www.clarkcountynv.gov/fire/Pages/UrbanStations.aspx
- The finger photo- http://trinilulz.com/wp-content/uploads/2015/03/FnMuHul-768x450.jpg
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- JD Postage CP working with Heroin Patient- https://www.gannett-cdn.com/-mm-/3983f9f8bdee47070620cf95a249e45aeee47feb/c=169-0-2840-2008&r=x404&c=534x401/local/-/media/2017/09/07/0HGroup/Lancaster/636404043219133259-01-LAN-Community-Paramedic.JPG
- Palm Beach Photo: http://www.mypalmbeachpost.com/news/heroin-epidemic-deaths-rise-program-glimmer-hope-for-life/c8lTU5Q2lJbVFfEjSZKwpK/
- Falling man- http://clipart-library.com/clipart/1543531.htm
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