



Garland Police Department Public Information Bulletin

“Cheese” (Heroin)

What is “Cheese?”

- 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 small paper bindle or ziplock baggie
- Can be bought for as little as \$2
- Popular among Hispanic juveniles, especially females
- Has been identified in more than a dozen Dallas ISD secondary schools and surrounding suburbs
- Since May 2006 in the City of Garland, Twenty-six (26) Possession of suspected “Cheese” Heroin cases filed, One (1) Overdose of “Cheese” Heroin by a juvenile, Two (2) deaths by ingestion of “Cheese” Heroin, Eighteen (18) Overdoses of Heroin and Four (4) deaths due to the toxic effects of Heroin.



Symptoms of Use:

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

Symptoms of Withdrawal:

(May begin within a few hours of use)

- Mood swings, insomnia
- Headache, chills, nausea, vomiting
- Muscle Spasms
- Anxiety, agitation, disorientation
- May last five to six days



Who Can You Call For Help?

- If you encounter “Cheese” or any drug in your school, contact the School Resource Officer or the Principal.
- If you have information regarding drug dealers or drug houses, contact the Garland Police Narcotics Section Office direct line at (972) 205-2098
- If you or someone you know needs help fighting drug addiction, contact the Greater Dallas Council on Alcohol and Drug Abuse Treatment Hotline at (214) 522-8600.