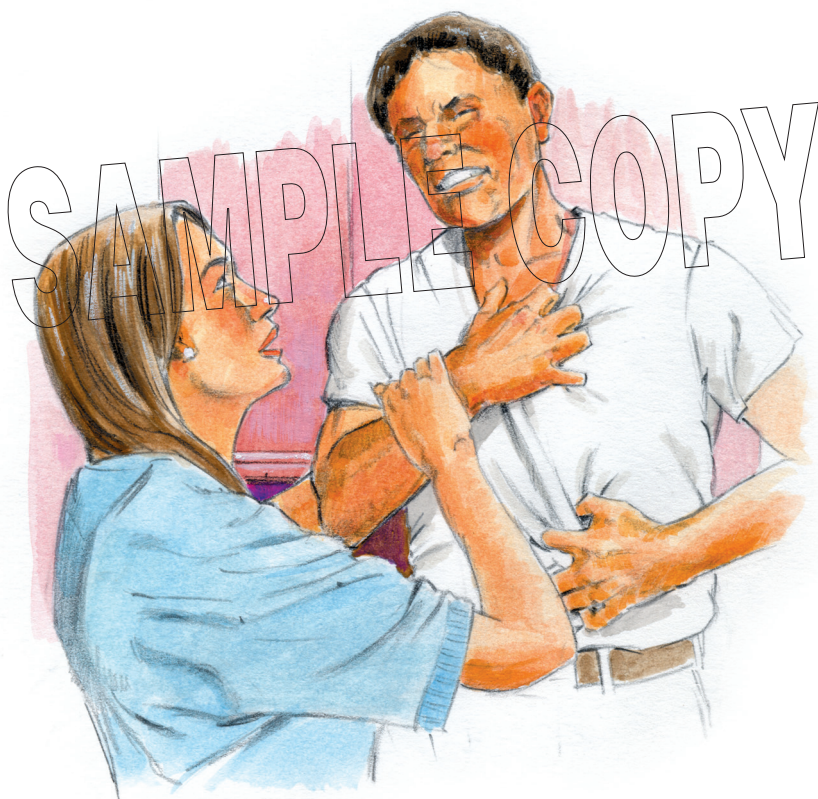


Methamphetamine

What Everyone Should Know



Guides for Good Living

Methamphetamine (meth) is a hurtful drug that is easy to get.

Meth looks like chunks of rock or powder that can be white, yellow, or pale green. Meth may be smoked, snorted, or injected.

Meth is made in unsafe areas. A meth lab can be found in someone's garage, basement, bedroom, or just about anywhere.

Methamphetamine has many names:

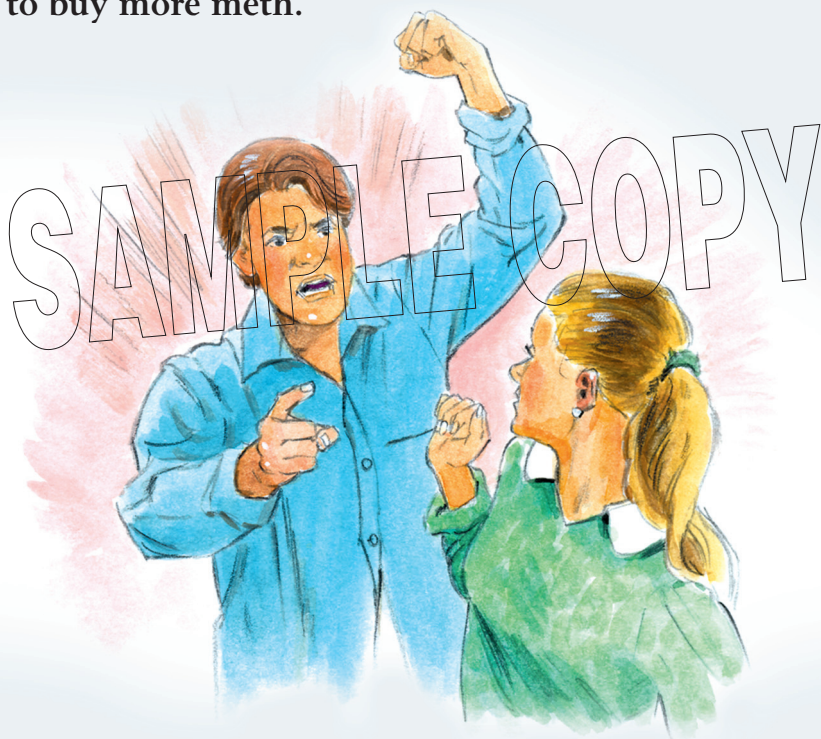
- meth
- ice
- crystal meth
- methlie's quick
- speed
- trash
- chalk
- poor man's cocaine
- crank
- shabu
- glass
- stove top
- go-fast

Meth causes more than 14,000 emergency room visits every year.

Meth is cheap and easy to make.

Meth contains many poisons. The people who “cook up” meth are not scientists. Users can never be sure of what they are putting in their bodies.

Meth is illegal. Thousands of people using meth are arrested each year. Users often commit crimes to buy more meth.



Meth can make you hurt others. Using meth makes people act violently. They might hurt the people they love. Meth is also very dangerous while driving.

Meth users have serious side effects right away.

Taking meth gives a person a huge burst of energy. Users feel like nothing can slow them down. Meth users also feel like nothing can hurt them. But they get hurt when they take meth.

Meth users may not want to sleep or eat. They may feel like throwing up or have diarrhea. Users also may lose control of their muscles.

Other effects of using meth include:

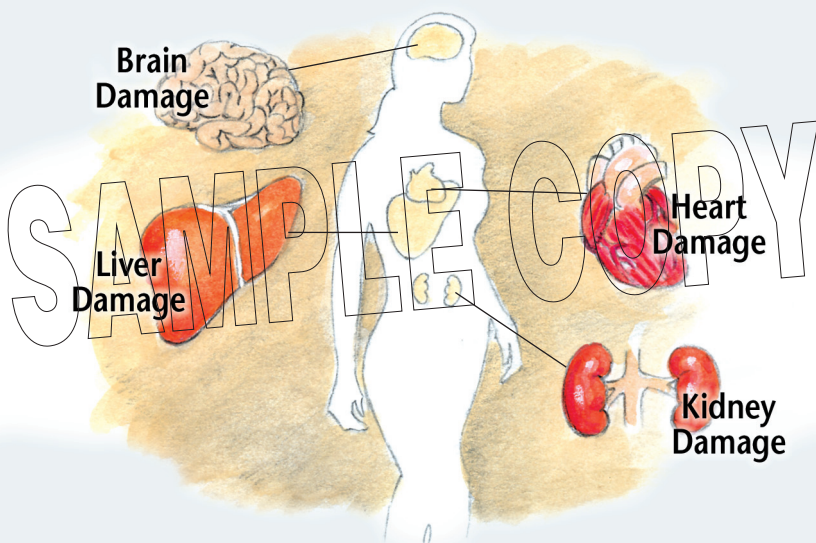
- Acne
- Rise in body temperature
- Racing heart
- Heavy breathing



Meth is harmful to the body.

Users may not sleep for days. They take more and more meth until they cannot stay up any longer. This is very dangerous for their health.

Using meth for a long time hurts the entire body. Users may damage their lungs or kidneys. Using meth also causes heart infections.



Meth damages the brain. Users may see and hear things that are not there. They may not be able to control how sad or angry they feel. **Meth users may feel like they cannot trust their family or friends.**

Even first time meth users can die from a stroke or heart attack.

Users get addicted to meth quickly.

Users may feel angry or violent after the high is over. They go through withdrawal. Users cannot sleep. Their heart races. They may feel like hurting or killing themselves.

These horrible feelings may last for many hours. Users think that taking more meth is the only way to feel better. This leads to addiction. Addiction means a user starts to need meth to feel normal.



Signs of Meth Use

Meth users can't sit still. They clench their jaws and grind their teeth. They sweat heavily and smell badly. Their skin looks dull and gray.

Meth users also do things over and over for hours. They may stack things in piles or wander around with no place to go.

Meth users may hear or see things that are not there. They may feel like bugs are crawling all over them and scratch their skin until it bleeds.

There is help for people who want to quit using meth.

Some places to find treatment programs are:

- Hospitals
- Public health clinics
- Church groups
- Community centers

**Know the facts. Know the risks.
Don't use meth.**

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