

'Bath salts'

A GUIDE FOR Parents



- **'Bath salts'** are not for soaking in the tub.
- They are **designer street drugs** containing chemical compounds **similar to amphetamine and ecstasy**.
- May be packaged as household products (plant food, glass cleaner, etc.) labeled 'not for human consumption'.
- Common **street names** include Monkey Dust, Purple Waves, Ivory Wave, Vanilly Sky, Kryptonite.

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Northern New England Poison Center
1-800-222-1222
www.mmc.org/mmc_body.cfm?id=2046

Maine Office of Substance Abuse,
Information and Resource Center
1-800-499-0027 or (207) 827-8900
www.maine.gov/dhhs/osa/index.htm

For more information:

Symptoms of bath salts intoxication:

Users may experience **racing heart rate**, elevated blood pressure, **anxiety**, **agitation**, increased alertness and awareness, decreased appetite, weight loss, **paranoia**, and **delusions**. More serious effects include **muscle spasms**, muscle breakdown, risk of kidney damage, elevated body temperature, **seizure**, **hallucinations**, **aggression**, panic attacks, and severe paranoia, even death. **Long term effects are not yet known**.

What to look for

Call your pediatrician for advice if you suspect your child is abusing bath salts or other drugs. Your child may:

- Become more irritable or withdrawn.
- Seem anxious, agitated or depressed.
- Lose interest in sports and activities.
- Miss school or do poorly in classes.
- Go through money more quickly.
- Lose weight.

What you can do:

Know what your kids are up to: ask about their life, things at school, friends, etc. Let your kids know that you are ready to listen and that they can talk to you anytime.

Remind them there is no such thing as a safe "high" and that drugs are dangerous and can be deadly.

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