



## **“Bath Salts” What are “Bath Salts”?**

“Bath Salts” is a common term used for man-made stimulant (upper) drugs that are similar to “ICE” methamphetamine (or crystal meth). Since they are very similar to other stimulant (upper) drugs like meth(amphetamine), they are very dangerous when used. “Bath Salts” can be snorted, smoked, or even put in water and injected using a needle. “Bath Salts” come in a variety of attractive packages and names, including, “Cloud Nine”, “White Lightening”, “Purple Rain”, “Pixie Dust”, “Hurican Charlie”, and many more.

### **Where are “Bath Salts” purchased?**

“Bath Salts” can be bought very easily on the internet. They can also be found in some head shops, smoke shops, and convenience stores. Some types are illegal, but they are still easy to get.

### **Why are these “Bath Salts” sold if they are drugs and harmful?**

“Bath Salts” are sold in a way that outsmarts state and local regulations by stating on the package that they are “not for human consumption.” Because of this, they are very difficult to regulate and track.

They are very cheap to purchase and powerful, and because of this, they are often used instead of classically used stimulants (uppers) like amphetamine and cocaine.

### **How do the “Bath Salts” affect you?**

The “Bath Salts” are very similar to other stimulants (uppers). When these drugs are used, there is intense stimulation in the nervous system (brain), and cardiac system (heart).

### **People who use “Bath Salts” can have severe symptoms such as:**

Convulsions (seizures)	Seeing things (Hallucinations)
Chest Pain	Anger/Violence
Excessive Sweating	Try to kill themselves (Suicide) or others



### **What Happens to the people who use “Bath Salts”?**

When people use “Bath Salts”, they can have heart attacks, permanent brain damage, and scary hallucinations that can last for days or weeks. Sometimes they have dangerous/crazy thoughts and kill themselves or someone else.

### **Who Uses “Bath Salts”?**

In 2011, there were over 6000 cases of “Bath Salt” exposures reported to the USA, Poison Centers database. The Upstate New York Poison Centers had 118 bath salts related cases in 2011.

### **Bottom Line**

“Bath Salts” are very dangerous and easy to get. They cause serious health problems like convulsions (seizures), heart attacks, and even death.

**Talk to your family members, children, parents, and health care providers about these “Bath Salts”**

**For More Information**

[www.upstatepoison.org](http://www.upstatepoison.org)