

**SIGNS, SYMPTOMS, &  
 HEALTH CONSEQUENCES...**

**...OF SUBSTANCE USE.**  
 A Guide for Parents



**NICOTINE | eCIGARETTE | VAPING**

**ALCOHOL**

- 24% of Iowa 11th grade youth have tried vaping and 13% reported current use of vapes, in the IA Youth Survey (IYS)
- Nicotine is an addictive chemical that can harm an adolescents and mental development.
- It has dangerous chemicals: acetaldehyde, acrolein, and formaldehyde
- Nicotine can cause lung disease, and cardiovascular (heart) disease.
- 68 people in the US have died and 2,807 hospitalized since 2020 using vaping products.
- Withdrawal can increase feelings of anxiety and depression, irritation, and restlessness.
- In the rare case of overdose, expect to see dilated pupils, an increase in pulse and blood pressure, and a pupillary slow reaction to light. The person may exhibit anxiety, dry mouth, watery eyes, exaggerated reflexes, restlessness, increased alertness and insomnia, irritability, runny nose, and be talkative.

- 18% of 11th grade youth in Iowa reported drinking alcohol in the past 30 days, according to the most recent State IYS.
- 41% of 11th grade youth reported having ever drank alcohol.
- Alcohol increases the likelihood of addiction, suicide, death from motor vehicle crashes, interpersonal violence (such as homicides, assaults, and rapes), unintentional injuries (such as burns, falls, and drownings), brain impairment, alcohol dependence, risky sexual activity, academic problems, and alcohol and drug poisoning.
- An impaired person may exhibit red and watery eyes, slurred speech, unsteady gait, an odor of intoxicants from the person's breath, droopy eyelids, slow and sluggish reactions, disorientation, and uncoordinated movements.



## MARIJUANA

- In Iowa, 8% of 11th graders reported current use of marijuana and 16% reported ever using it. (IYS 2021)
- THC is impairing or mind-altering.
- CBD is not impairing or does not cause a “high”.
- Delta-8 and other consumable hemp products with THC have psychoactive and intoxicating effects. These products can be dangerous and show up on drug tests.
- THC can be added to vapes or can purchase THC specific vape devices. Vaping THC has been linked to lung injury and even death.
- The teen brain is actively developing and continues to develop until around age 25. Marijuana may harm the developing brain. Early use also increases the risk of mental health and addiction problems.
- Symptoms are red/watery eyes; person may have dilated pupils. Additional signs of impairment include: altered perception of time/distance, dry mouth, green coating on the tongue, drowsiness, euphoria, body tremors, impaired short-term memory, poor concentration, odor of marijuana, and relaxed inhibitions. Paranoia and hallucinations may be present in high doses.



## OPIOID & Prescription drug misuse

- 2% of 11th grade students in Iowa reported using prescription medications that were not prescribed for them by a doctor. (IYS 2021)
- 1% reported using an opioid (heroin) or a prescription opioid for non-medical reasons. (IYS 2021)
- Prescription opioids are prescribed by doctors to treat moderate to severe pain but can also have serious risks and side effects.
- An estimated 100,306 drug overdose deaths in the United States during the 12-month period ending in April 2021.
- Symptoms are constricted pupils, and watery eyes. Additional signs are poor reflexes, droopy eyelids, drowsiness, dry mouth, euphoria, itching, nausea, head nodding off, non-medical injection sites and puncture marks, slow and raspy speech, and slow breathing and movements.
- Overdose signs include the above along with cold and clammy skin, a blueish appearance, agonal or slow and shallow breathing, non-responsive behavior, along with paraphernalia nearby.
- If someone is having an overdose; Call 911 immediately, Administer Narcan (if available) try to keep the person awake and breathing, lay the person on their side to prevent choking, and stay with the person until emergency arrives.

