

SIGNS & SYMPTOMS

of Drug Use and Misuse

01

PHYSICAL CHANGES

- Change in pupils
- Clenching teeth
- Nosebleeds/runny nose (not caused by allergies or cold)
- Sores, spots around mouth
- Unexplained physical health problems
- Wetting lips or excessive thirst (known as cotton mouth)
- Sudden or dramatic weight loss or gain
- Accidents/injuries/skin abrasions
- Sweatiness
- Slurred speech
- Gaunt and pasty skin
- Unusually tired

02

BEHAVIORAL CHANGES

- Mood changes
- Change in relationship (family and friends)
- Changes in behavior and personality
- Loss of interest in school and activities
- Concerns voiced by others
- Police contact
- Truancy
- Frequently breaks curfew
- Going out every night
- Asking for money (cash flow problems)
- Aggression
- Irritability
- Change in sleeping patterns – up all night, sleeping during the day
- Change in hygiene habits

03

ITEMS TO LOOK FOR

- Tin foil
- Tiny balloons
- Visine
- Brown or white powdery substances
- Butane lighters
- Vape pens, oils (can be disguised as flash drives)
- Small baggies often with a stamp on it
- Syringes (or orange cap from syringe)
- End of cigarette butts
- Missing spoons or spoons with blackened bottom
- Missing prescription drugs
- Missing alcohol or cigarettes
- Disappearance of money or valuables
- Smell or drug paraphernalia in car
- Pipes, rolling papers, small medicine bottles
- Unusual containers ("stash cans" like aerosol or soda cans)
- Wrappers or seeds left on surfaces used to clean marijuana, like Frisbees

04

COMMON HOUSEHOLD ITEMS USED

- **Huffing/Inhalants:** Nail polish, whipped cream and markers
- **Medicine Cabinet:** Cough and cold medicine, antihistamines, mouthwash, hand sanitizers, laxatives and diet pills
- **Kitchen Cabinet:** Nutmeg and Vanilla extract, energy drinks

For information and resources, including how to access treatment in Bucks County, visit bcdac.org.

