

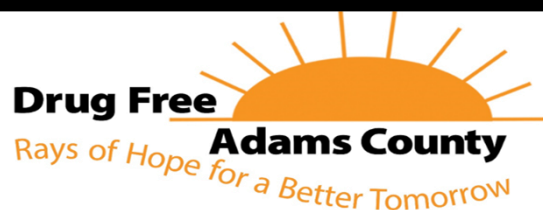
Drug Free Adams County

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Kratom and Online Drug Purchases

Young people are increasingly buying drugs online. One substance that is relatively easy to order is kratom. Kratom is a tropical tree native to Southeast Asia, with leaves that contain compounds that can have mind-altering effects. Most people take kratom as a pill, capsule, or extract, though some people chew kratom leaves or brew the dried or powdered leaves as a tea. The leaves can also be smoked or eaten in food.

Effects of Kratom

Kratom can cause effects similar to both opioids and stimulants. Two compounds in kratom leaves interact with opioid receptors in the brain, producing sedation, pleasure, and decreased pain, especially when users consume large amounts of the plant. One compound also interacts with



other receptor systems in the brain to produce stimulant effects. When kratom is taken in small amounts, users report increased energy, sociability, and alertness instead of sedation. However, kratom can also cause uncomfortable and sometimes dangerous side effects. These may include nausea, itching, sweating, dry mouth, constipation, increased urination, loss of appetite, seizures, and hallucinations. Symptoms of psychosis have been reported in some users. Combined with other substances, death may also occur.

Like other drugs with opioid-like effects, kratom might cause dependence, which means users will feel physical withdrawal symptoms when they stop taking the drug. Some users have reported becoming addicted to kratom.

What Should You Do?

Here are a few ways you can protect your kids and prevent online drug purchases:

1. Keep communication lines open.
2. Make sure they understand the consequences of substance use.
3. Review their internet search history.
4. Monitor their delivered packages.

**For more information, please visit our website:
www.DrugFreeAdamsCounty.org**