

FACTS ABOUT “BATH SALTS”

Synthetic Cathinones

The synthetic drugs often marketed as “bath salts” have names like Cloud 9 and Bliss. They are NOT the bath salts you use in your tub. These are powerful illegal drugs that have not been tested for safety, and users don’t really know exactly what chemicals they are putting into their bodies. The side effects they cause may be permanent.

What makes these drugs so dangerous?

Bath salts are meant to give the user a “high” and are advertised as being a cheap substitute for cocaine. Poison center experts say the substances are among the worst they have seen. Users have experienced many side effects, such as:

- Paranoia and violent behavior.
- Hallucinations.
- Delusions.
- Suicidal thoughts.
- Seizures.
- Panic attacks.
- Increased blood pressure.
- Increased heart rate.
- Chest pain.
- Nausea and vomiting.



Photo courtesy Mark Ryan

Are these drugs popular?

In 2011, poison centers took 6,138 calls about exposures to bath salts. As of May 2012, poison centers have taken 1,302 calls about the drugs. Bath salts data are posted monthly at www.aapcc.org.

The drug seems to be most popular with people who are between 20 and 29 years old. However, poison centers have seen bath salts exposures in a wide range of ages, from younger than 6 to older than 59.

What should you do if someone has taken bath salts?

Call your local poison center at 1-800-222-1222. Fifty-seven poison centers around the country have experts waiting to answer your call. These experts can help you decide whether someone can be treated at home, or whether he or she must go to a hospital.

Dial 9-1-1 immediately if someone:

- Stops breathing.
- Collapses.
- Has a seizure.



Where can you find more information?

Call your local poison center at 1-800-222-1222. Poison centers are open 24 hours a day, seven days a week, every day of the year for poisoning emergencies and for informational calls, too.