According to NIDA: COVID-19 could be an especially serious threat to those who smoke or vape. Vaping is an epidemic for adolescents who are highly vulnerable to substance use.

What to Look For

Nicotine Intoxication: Nausea/vomiting, increased blood pressure, abnormal heart rate, dehydration, loss of appetite, extreme fatigue, dizziness, headache, anxiety, hearing and vision changes.

THC Intoxication: Hypotension, panic, anxiety, delirium, jerking movements and respiratory depression.

Substance Use Increases Risk-Taking

* Driving while drunk or high, or getting in a car with someone who is drunk or high
* Associating with individuals to obtain drugs that you normally would not go near
* Unnecessarily exposing self & family by sneaking out/leaving the house to obtain drugs

Getting Support

Student Assistance Specialists are available if you have questions or need support regarding substance use. Information, resources, staff assignments and contact information can be found on our page: https://www.lcps.org/Page/1398