



# Massachusetts Drug Supply Data Stream (MADDS) Street Drug Update: Methamphetamine

## Methamphetamine is on the rise in Massachusetts

- Methamphetamine (meth) has been found across Massachusetts more and more. Sometimes meth has been found in pills that are sold as Adderall. Meth is a **fast-acting upper** that gives people more energy and makes them happier, more focused, less tired, and less hungry.

## Methamphetamine can affect your health

Meth use may lead to **faster and uneven heartbeat, higher blood pressure, kidney problems, seeing or hearing things that aren't there, feeling out of control, paranoia.**

Using meth and dope together is called "goofballing" and makes a person more likely to overdose. **It is possible that fentanyl can be mixed into meth. It is also possible that meth is mixed into fentanyl.** Since these mixes can be unexpected for you, people around you, and healthcare providers, be prepared, learn the signs of overdose and what to watch for.



Meth may come in white crystals, white bitter-tasting powder, or pill, as shown here.

**Taking too much meth is called "overamping" and could lead to heart attack, seizure, or stroke.**

### KNOW THE SIGNS:

**Overheating**

**Feeling sick or throwing up**

**Chest pain**

**Seizures or intense shaking**

**Being unable to sit still**

**Uneven or shorter breathing**

**Feeling out of control**

**Overawareness of surroundings**

**Easily getting angry or violent**

**If you see or feel any of these signs after using meth, keep calm and get help!**

## Take care of yourself and others

- **DRINK WATER AND STAY COOL** while using meth. Keep food around and come down somewhere you're safe to sleep. Get plenty of sleep and eat healthy food when you're not high.
- **CARRY (AND USE) CONDOMS** if you're going to have sex while using meth. Unprotected sex puts you at a higher risk for HIV and other sexually transmitted infections (STIs).
- **KEEP CALM AND GET HELP** if you start to feel out of control or generally uncomfortable. Drink water and keep your body cool by putting wet rags on your forehead and neck and staying in the shade.
- **KEEP CALM AND GET HELP** if you see someone having a mental health crisis.
- **CARRY NALOXONE** (e.g., Narcan) even if you don't plan on using dope – there might be fentanyl in your meth (or meth in your fentanyl).
- **GIVE NALOXONE AND CALL FOR HELP** in case of a suspected opioid overdoses.
- **CHECK WITH YOUR LOCAL HARM REDUCTION PROGRAM** for naloxone, safer use supplies

MADDS is a state-funded collaboration between Brandeis University researchers, the Massachusetts Department of Public Health, various town police departments, and local harm reduction agencies. Scan the QR code, [click here](#), or contact us at [maddsbrandeis@gmail.com](mailto:maddsbrandeis@gmail.com), scan the QR code, or for more information

