

By State and Federal Law, Utah Valley University (UVU) will maintain a Drug-Free Campus. UVU is an institution committed to providing professional help for individuals who may have a drug and /or alcohol problems on campus. If you are aware of a UVU student, staff, or faculty who have substance abuse problems you can contact your instructor or Wellness Programs at 801-863-8127 for assistance. Confidentiality will be maintained. It is hoped that you will feel an obligation to help those in need and to help maintain a Drug-Free Campus. Note: this is not a complete list of health risks, any drug use increases the risk of impaired learning, accidents, violence, acquaintance rape, unwanted pregnancy and sexually transmitted diseases.

DRUG AND EXAMPLE		Acute Effects	Health Risks & Effects of Long-Term	Overdose Effects
ALCOHOL	ETHANOL Wine Coolers Wine Beer Distilled Liquor	-Lowered inhibitions -Impaired judgment, vision -Loss of motor skills, coordination -Slurred speech -Periods of memory loss	-Hypertension -Liver damage -Cardiovascular disease -Toxic psychosis -Neurological damage -Addiction w/ severe withdrawal	-Comma -Possible death
TOBACCO	NICOTINE Cigarettes Chewing Tobacco Snuff	-Relaxation -Stimulation - Increase heart rate & B.P. - Reaction reduction	-Cardiovascular disease & lung cancer -Respiratory illness -Oral cancer, tooth decay	-Possible death at very high dosage level
NARCOTICS Schedule I-V	HYDROCODINE Lortab OXYCODON Percocet OPIUM Paragoric MORPHINE Morphine CODEINE Tylenol w/ codeine HEROIN Heroin MEPERIDINE Demerol OTHER Dilaudid	-Euphoria, drowsiness -Respiratory depression -Constricted pupils -Nausea, vomiting -Analgesia -Memory loss	-Loss of appetite -Constipation -Risk of aids, Hepatitis from I.V. drug use -Impaired motor skills -Addiction w/ severe withdrawal	-Shallow respiration -Clammy skin, perspiration -Convulsions -Possible death -May be toxic if mixed with alcohol
DEPRESSANTS Schedule I-IV	CNS DEPR. Soma BENZODIAZEPINES Valium, Xanax CHLORAL HYDRATE Noctec, Somnos BARBITURATES Phenobarbitol GLUTETHIMIDE Seconal METHAQUALONE Doriden TRANQUILIZERS Quallude ALCOHOL Dalmane	-Slurred speech -Disorientation -Drunken behavior w/o odor of alcohol -Relaxation, depression -Slowed reflex/reactions -Sense of well-being	-Addiction with withdrawal -Toxic psychosis	-Shallow respiration -Cold, clammy skin -Perspiration -Weak, rapid pulse -Possible death -May be toxic if mixed w/ alcohol
STIMULANTS Schedule II-IV	COCAINE Cocaine Hydrochloride AMPHETAMINE Dexedrine Benzedrine PHENMETRAZINE Preludin METHYLPHENIDATE Ritalin METHAMPHETAMINE Crystal Meth Ecstasy Cylert Didrex OTHER Sanores, Voranil	-Feeling of well-being -Excitation, euphoria -Increased alertness -Increased blood pressure or pulse - Insomnia, appetite loss	-Delusions, hallucinations -Possible organ/tissue damage Extreme weight loss -Addiction w/ severe withdrawal	-Agitation -Temperature increase -Hallucinations -Convulsions -Heart attack; stroke
HALLUCINOGENS Schedule I-II	LSD Acid, Lysergic MESCALINE Peyote Buttons PSILOCYBIN Mushrooms MDA Angel Dust PCP Crystal, Cemylan	-Dilated pupils -Increased blood pressure -Delusions/hallucinations -Distorted perceptions of time, space, and reality	-May intensify existing psychosis -Possible violent behavior -Addiction w/severe withdrawal	-Intense "Bad Trips" -Psychosis -Possible sudden death
INHALANTS	TOLUENE Airplane glue HYDRACARBONS Paint thinners Gasoline, spray paint AMYL NITRATE Poppers	-Slurred speech -Drunken behavior -Impaired judgment -Poor coordination	-Hallucinations -Possible damage to bone marrow, lungs, kidneys, liver, heart, brain, eyes	-Unconsciousness -Coma -Possible toxic reactions -Possible sudden death
CANNABIS Schedule I-II	THC Marijuana Hashish, Hash Oil (grass, pot, weed, dope)	-Tachycardia: reddened eyes -Euphoria, profound humor -altered time/space perception -short-term memory loss -Increased appetite	-Cardiovascular damage -Paranoia	-Insomnia -Panic attacks, -Paranoia -Possible toxic reaction