

Get the Facts: Methamphetamine

What is it?

A drug that causes feelings of euphoria and increased energy – known as meth, crystal meth, or crystal.

What does it look like?

It mostly comes in 3 forms: pills, powder, and rock chunks. Pure methamphetamine hydrochloride appears as clear, chunky crystals.

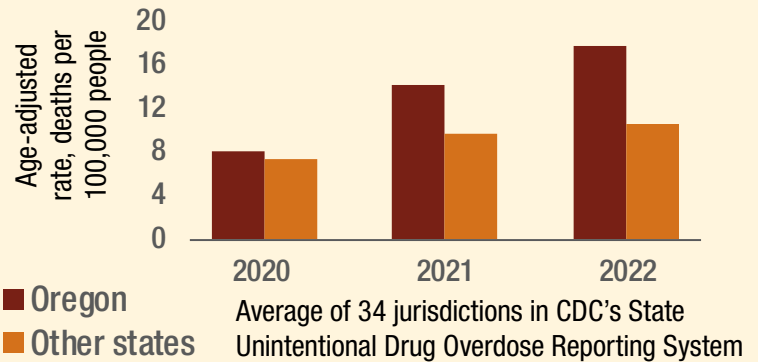
How does it work?

People may smoke, snort, or inject methamphetamine or swallow methamphetamine powder that has been pressed into pills.

Oregon is experiencing an overdose crisis

- From 2009-2022, the number of people dying from an unintentional methamphetamine overdose increased by **more than 20 times**.
- In 2022, **more than half (58%)** of Oregon's unintentional methamphetamine overdose deaths **also involved other substances**.
- Males, individuals ages 35–64, African Americans, and American Indians/ Native Alaskans have the **highest rates** of unintentional methamphetamine overdose deaths.

Rate of individuals dying from overdose involving methamphetamine, 2020–2022



What you can do

Overdoses involving both methamphetamine and fentanyl are increasing in Oregon. Some methamphetamine has been found to also contain fentanyl.

Always carry naloxone and know how to use it. Learn how at savelivesoregon.org/toolkit

Recognize the signs of overdose...

...and know how to respond

<ul style="list-style-type: none"> • High body temp, sweating • Nausea, vomiting • Severe headache 	<ul style="list-style-type: none"> • Dark urine • Dizziness • Red/hot/dry OR pale/clammy skin 	<p>Help them lie down, elevate legs, & drink fluids.</p>	<p>Cool them down (e.g. ice pack, fan).</p>	<p>Call 911 if symptoms last more than an hour OR worsen.</p>
<ul style="list-style-type: none"> • Racing heart rate • Unable to walk/move • Numb/spasming limbs, shaking 	<ul style="list-style-type: none"> • Slurring/jumbled speech, confusion • Severe headache • Chest pain 	<p>Call 911 right away and stay with the person until help arrives. If possible, help them lie down in the recovery position, on their side with their head supported.</p>		
<ul style="list-style-type: none"> • Difficulty breathing or slow/no breathing • Snoring or gurgling 	<ul style="list-style-type: none"> • Vomiting • Can't wake up • Blue or gray skin/lips 	<p>Call 911 right away.</p>	<p>Give naloxone.</p>	<p>No pulse: chest compressions No breath: rescue breaths</p>

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What are the effects of methamphetamine?

Immediate and short-term

- Increased attention, activity, and wakefulness
- Increased blood pressure and heart rate
- Irritability and loss of appetite
- Elevated body temperature and convulsions
- Potential “overamp”, or overdose, leading to heart attack, stroke, seizure, or death

Long-term

- Dependence to avoid cravings and withdrawal
- Fear, anxiety, and depression
- Hallucinations and paranoia, which can lead to aggression
- Weight loss, dental problems, and skin sores
- Increased distractibility and memory loss
- Chronic stress on heart, increasing risk of cardiovascular disease and heart attack
- Severe changes to brain structure & function



Mixing methamphetamine with other drugs, on purpose or accidentally, can lead to **potentially stronger and unpredictable effects**. When methamphetamine is mixed with opioids or alcohol, its energizing effects can mask the “downer” effects of other substances. **This can lead to increased overdose risk.**

Resources available to you

If you use drugs

- Avoid using drugs **alone**.
- Call the Never Use Alone hotline at **800-484-3731** or use the Brave App.
- When using substances, **start low and go slow**, checking the strength and the effects of the substance.
- **Always carry naloxone** with you and have it ready, even if you don't think opioids are present.
- **Prevent overdose** or “overamping” by drinking water, getting enough sleep, and staying well-fed.



If you or someone you love needs services

- Harm reduction works and people do recover. Call Oregon's Recovery Center Hotline at **503-575-3769**.
- Visit the [Behavioral Health Resource Network Dashboard](#) or [recovery-networkoforegon.org](#) to find local resources
- Check out [OHA's Fentanyl Facts](#).



If you want to learn more

- Visit [savelivesoregon.org](#)
- Visit [samsha.gov/meth](#)

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