

Last year,
6 % of high school
students abused
over-the-counter
cough medicine
to get high.



Is This How You Want to Stand Out in the Crowd?

When used as directed, cough medicines containing dextromethorphan (DXM) are safe and effective, but when abused in extreme amounts, DXM can be very dangerous.

Side effects can include:

- Stomach pain, nausea, & vomiting
- Loss of consciousness
- Panic attacks
- Fever and headaches
- Rashes and itchy skin
- High blood pressure & rapid heartbeat

Substance abuse of any kind is not okay.