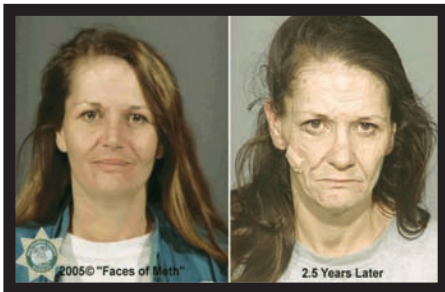


# Signs of a meth lab

- Frequent visitors and activity at odd hours
- Occupants are unfriendly and secretive
- Occupants display a paranoid or odd behavior
- Windows blackened or curtains always drawn
- Extensive security, including signs saying “Private Property” or “Beware of Dog”
- Chemical odors coming from the house, garbage or detached buildings
- Garbage contains many bottles and containers
- Evidence of chemical or waste dumping (i.e. burn pits, or dead spots in the yard)

*Any single activity may not be a sign of a meth lab, but a combination of signs may be reason for concern. Talk with your neighbors. What have they noticed?*

**If you suspect someone is manufacturing meth, call 911.**



## ABOUT THE ANOKA COUNTY

### meth TASK FORCE

The Anoka County Meth Task Force was created to address issues surrounding meth. The group is made up of concerned public officials, community leaders, and dedicated professionals in law enforcement, education, health care, and human services. The group began meeting in 2005.

For more information on the Anoka County Meth Task Force or resources for parents, contact Anoka County Public Health at 763-422-6970.

Additional resources can be found by calling United Way's First Call for Help at 211.

Anoka County Human Services  
2100 3rd Avenue  
Anoka, MN 55303

763.422.6970 *telephone*



What to watch for  
in your neighborhood  
and your home.

[www.anokacounty.us](http://www.anokacounty.us)

ANOKA COUNTY METH TASK FORCE



Anoka County Meth Task Force



# What is meth?

Meth is a stimulant that affects the central nervous system...



# Early signs of meth use...

It's also called speed, chalk, ice, crystal, glass. It can be smoked, snorted, injected, or taken orally. Meth can be manufactured from common, easily accessible materials: antifreeze, white gas, ether, starting fluids, freon, drain openers, paint thinner, acetone, and ephedrine or pseudoephedrine contained in products like cold medicines. It can be produced easily in a variety of locations: homes, open areas and even inside vehicles. Currently, most meth comes into Minnesota from outside of the United States, most commonly Mexico.

## Behavioral

Increased, nonproductive energy/hyperactivity  
Excited speech and incessant talking  
Compulsive behaviors  
Poor impulse control and judgment  
Aggression, tendency for violence  
"I don't care" attitude  
Lying  
Changes in sleeping patterns  
Changes in social behavior

## Physical

Weight loss  
Dilated pupils  
Sweating  
Flushed skin

## Environmental

Hollowed out pens  
Missing light bulbs  
Short on funds  
Burnt tin foil or gum wrappers

*Every child reacts differently. Also, these signs may mean there are other issues your child is facing.*

## ANOKA COUNTY STATISTICS



# Why is it so dangerous?

Addiction can occur after one, two or more tries with no guarantee of 100% recovery. Physical and mental damage can be severe resulting in lifetime impairments or death. With meth use, there is more stealing, violence and domestic abuse. Dealing with meth labs, users and others exposed to the drug is a huge financial burden to everybody in the community.

- For 12th graders, 10% of males and 7% of females reported using meth at least once in the previous year.\*
- For 9th graders, 5% of boys and 4% of girls used meth in 2004. \*

- Nearly half of child protection cases involve meth.

\* Most recent MN Student Survey

# How do I talk to my child?

- Listen carefully to concerns and feelings and respect their views.
- Let them know it is okay to act independently from the group.
- Be aware of how you use and talk about drugs in front of children. They learn by watching you.
- Be aware that youth often start their drug experimentation with tobacco.
- Stress that children can and should make choices about their behaviors and are responsible for their decisions.
- Offer praise.
- If you suspect a problem, seek outside help, such as your physician, school counselor, or an independent drug counselor.