

KRATOM: WHAT TO KNOW

Kratom is a plant that is a mild stimulant at low doses. At high doses, it can act like an opioid. Kratom products in the United States (U.S.) have stronger chemicals than the leaves alone, making them more likely to cause harm.

In the U.S., Kratom products are...

- Not approved by the U.S. Food and Drug Administration.
- Sold in gas stations, smoke shops, supplement stores, and online.
- Often sold as shots, powders, gummies, syrups, or nasal sprays.
- Advertised to help with anxiety, pain, and easing opioid withdrawal, but these claims are not proven.



Image Source: Virginia Department of Health

KRATOM FAST FACTS



From 2016 to 2025 in San Diego County, there were 65 deaths, with cases reported almost every year.

- 77% of kratom-related deaths involve males.
- 66% of kratom-related deaths occur among individuals ages 25-44.
- 94% of kratom-related deaths involve kratom and another substance.
- 91% of kratom-related deaths are accidental.

SIDE EFFECTS AND SAFETY CONCERNS



Drowsiness



Sleep Disturbances



Nausea



Slowed Breathing



Restlessness & Nervousness

REDUCE THE RISK

- ✓ Carry naloxone: it might help a kratom overdose, especially if other drugs are involved.
- ✓ Contact 9-8-8 for 24/7 crisis support & behavioral health resources.
- ✓ Call 9-1-1 for immediate medical care.



Mixing kratom with other substances such as alcohol or opioids may be fatal and can produce adverse effects.

SCAN FOR MORE INFO ABOUT KRATOM

