POLYTECHNIC UNIVERSITY OF PUERTO RICO
VP OF ENROLLMENT MANAGEMENT AND STUDENT SERVICES

DRUG, ALCOHOL AND TOBACCO USE AND ABUSE POLICY

Complying with the Drug-Free and Campuses Regulations (EDGAR Part 86)".

The Polytechnic University of Puerto Rico, being an institution of higher education that receives federal funds, is committed to prohibit the illegal manufacture, distribution, sale, possession, transportation or use of drugs, alcohol and tobacco by its employees and students within the work and study areas, physical facilities, including the grounds and parking areas of the Institution. All employees and students of the University are required and mandated to abide by this policy.

Applicable disciplinary sanctions

Any employee and student of the Polytechnic University of Puerto Rico who violates the aforementioned University policy or who is convicted under a criminal drug statute for a violation occurring in the workplace and/or study will be subject to the disciplinary procedures of the University, which could include, among others; written reprimand, suspension and/or expulsion. In addition, they may be required to participate in a rehabilitation program to assist the employee and/or student.

The University, through this program, will make a good-faith effort to continue its policy of a drug-free workplace through the continued implementation of this program.

Health Risks

Health effects of tobacco

In adults, exposure to tobacco smoke is a human lung carcinogen responsible for approximately 3,000 lung cancer deaths in the United States. In children, exposure to tobacco smoke is a risk factor for asthma, respiratory infections such as bronchitis and pneumonia. Other effects may include the following:

- It represents one of the leading causes of preventable deaths

- It represents one of the main risk behaviors that can lead to cancer of the lung, esophagus, kidney, pancreas, oral cavity, larynx, urinary bladder and leukemia.
- Increases the risk for heart attack and coronary artery disease.
- Increases the risk of atherosclerosis.
- Smoking represents a high risk for acquiring type II diabetes (which arises in adulthood).
- Increases the risk of stomach ulcers.
- Increases the risk of lung conditions, such as asthma, bronchitis and emphysema.
- For pregnant smokers, it increases the risk of infant death or other complications of the future newborn.
- Increases susceptibility to getting sick more frequently compared to non-smokers.
- Each cigarette smoked subtracts one (1) minute of life from the smoker's life.
- Lowers good cholesterol (HDL).

The damage that alcohol can cause to your health

Alcohol, like other depressants such as barbiturates and benzodiazepines, produces a stimulation of inhibitory transmission. Some of the health effects can be:

- Brain
  - Loss of cells and memory; depression and aggressive behavior
- Problems with vision, speech and coordination
- Throat, mouth, breast and liver cancer
- Heart
  - Weakening of the muscles, heart failure
- Liver
  - Successively it accumulates fat and becomes inflamed and scarred (cirrhosis).
- Other risks
  - Immune deficiencies, pancreatic inflation, and ulcers

Alcohol and driving

Measures to limit alcohol consumption by drivers are almost as old as the automobile. When someone drinks on an empty stomach, the volume of alcohol in their blood will peak within half an hour. Contrary to widespread belief, neither coffee,

Neither fresh air nor exercise will help you clear your head. The only thing that will reduce the effect of alcohol on your body is the passage of time. Whether it is wine, beer, or liquor, if it is a standard unit of beverage, it always has the same alcohol content.

Even in small amounts, alcohol impairs the driver's faculties. Eyesight is impaired: traffic signs appear smaller and peripheral vision is reduced, as is the ability to judge distances and focus on distant objects. In addition, data processing, reflexes and coordination are slowed.

Drivers who have been drinking are often more seriously injured in accidents. In addition, the effect of alcohol on the heart and blood circulation reduces the chances of survival in the event of emergency surgery. Thus, contrary to what many people believe, the majority of alcohol-related fatalities are due to drunk drivers themselves. In view of the dangers, it is recommended:

- Do not drink when driving.
- Do not get into a vehicle with a driver who has been drinking.
- Not allowing friends or family members to drive under the influence of alcohol

Drugs and health effects

Stimulants (cocaine, amphetamines and methamphetamines, hallucinogens, and minor stimulants where xanthines are classified) exert a block on inhibition, or a direct excitation of neurons. Their mechanisms of action are varied and can be explained by physiological effects; for example, increased neuronal depolarization, increase in the amount of available neurotransmitters, lengthening of neurotransmitter action, weakening of neuronal membranes, or reduction of synaptic recovery time.

The consequences of its use or abuse include:

- Paranoid fantasies
- Impairment in the thought process
- Impaired learning ability
- Cardiovascular alterations
- High risk of psychotic breaks
- Exposure to accidents
- Apathy towards daily activities
- Explosions of aggression
- Unfavorable changes in school, family and social attitudes

- Existential emptiness
- Generate a very intense dependence

Organ complications such as liver, lung, kidney damage, brain irritation, weight loss, malnutrition, and immune system deficiencies.

Information taken from http://www.salumed.com/Bienestar/html

Drug-Free Workplace Program

The Polytechnic University of Puerto Rico has established a program to inform students about:

- The dangers of drug abuse in the study area and/or any other area of the university campus through the policy printed in this document, in the Administrative Employee and Faculty Handbooks, newsletters and bulletin board of the Human Resources Office, and training programs for supervisors and professors.
- Health risks associated with alcohol and drug use.
- Providing students with a copy of the University's policy on a drug-free Work-Study area.
- Guidance on drugs and rehabilitation is available through the Quality of Life Program of the Vice President for Enrollment Management and Student Services, the Medical Services Office, and guidance in the University Life Adjustment courses by professors, counselors, and University psychologists. In addition, the Employee Assistance Program (PAE), coordinated by the Human Resources Office.

*In addition, there are public and private services and treatments and assistance such as:

- The Mental Health and Addiction Services Administration (787) 763-7575
- Narcotics Anonymous (787) 763-5919