

What to do in an emergency

If someone has taken alcohol or other drugs and is unconscious or passed out, follow these important steps:

- Check they are breathing & keep air ways clear.
- Call for help **999** or **112**.
- Keep a spare boost for your phone battery if possible.
- Stay with the person, & try and find out what drug/drugs have been taken in order to advise medical staff.
- Stay calm, and place the person in the **recovery** position, lying on their side.



**FIND OUT WHERE THE
MEDICAL TENT /
STATION IS LOCATED.**

www.nwdrugtaskforce.ie

 Northwest Regional
Drug & Alcohol Task Force



Email:
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www.nwdrugtaskforce.ie

***HEALTHY
FESTIVALS***



**Enjoy the festival & look after
yourself and others in your group.
Take 5 minutes to look at some of
the safety tips in this leaflet..**

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KNOW YOUR LIMITS

- Too much of anything can be harmful but binge drinking and drugging can damage your health.
- You are also at greater risk of having an accident or being assaulted if you are beyond your limits & it may lead to high risk behavior & could ruin your own fun & that of others.
- There are no safe levels of drinking for teenagers but the low risk weekly limits for adults is up to 11 standard drinks a week for women and up to 17 standard drinks in a week for men.
- **What is a standard drink?** A pub measure of spirits, a small glass of wine, a half pint of beer, an alcopop (275 ml bottle)

N.B There are no safe limits of drinking during pregnancy.



SAFETY TIPS

- Eat regularly and often during the day.
- Skip a few rounds or drink a soft drink in between. Drink water regularly & stay hydrated – **PACE YOURSELF!**
- Don't accept drinks from strangers & don't leave your drink unattended, even soft drinks!
- If you are going to take a drug for the first time, take half the amount - it can take up to four hours to feel the affects & stay close to friends.
- If you have sex, use a condom!

NEVER EVER DRINK OR TAKE DRUGS AND DRIVE

Alcohol and other drugs will take time to leave your system. Do not drink/drug drive. Further information available www.rsa.ie

DRUG USE

It can be tempting to experiment with drugs both legal and illegal. Please be aware that every drug has a side effect and mixing drugs can be very dangerous.

- Alcohol is a depressant & large amounts can cause unconsciousness & in some cases, death.
- Opiates which produce feelings of pleasure and sleepiness, e.g. heroin can have a high risk of overdose.
- Stimulants such as cocaine keep you alert but can be highly addictive.
- Hallucinogens produce intense feelings & distortions of perception & hallucinations, e.g. LSD, Magic Mushrooms.
- Legal highs synthetically mimic the above drugs and risks are much higher. New Psychoactive Substances can have dangerous effects & can take up to 4 hours to have an effect **so don't double up!**