



It is an exciting time for people as nightlife reopens after COVID-19 restrictions in Ireland.

Remember to continue looking after yourself and caring for others. It's safer not to use drugs at all, but if you do, go slow to help you reduce the harms to your health.

For more information go to [drugs.ie/afterlockdown](https://www.drugs.ie/afterlockdown)

#IfYouGoGoSlow

DRUGS.ie
Drug and Alcohol Information and Support



Plan to take less: Your tolerance could have changed

If you stop using drugs for a while, your tolerance to the drug may have changed. If you take the same amount (dose) as you used to before you stopped, you could be at risk of an overdose.

Check in with yourself: You could be in a different headspace

Avoid using drugs if you feel low, anxious, depressed or have mental health concerns. Using could make your feelings worse.

Drug market changes: Know before you go

We're concerned about the content and purity of drugs at the moment. Club drugs such as MDMA and cocaine have been increasing in strength throughout Europe and can increase the risk of overdose.

New substances could appear in pills, powders and crystals. Synthetic cannabinoids have been found in herbal mixtures, vape and edible products in Ireland. These increase your risk of unwanted effects, becoming unwell and overdose.

Think about the setting: Where are you and who are you with?

Using in new settings or settings you have not been in for a while can impact on how you react to drugs. Be with people you trust.

If you're concerned about your own or someone else's use, call the HSE Drug and Alcohol Helpline on 1800 459 459 Monday - Friday 9:30 am - 5:30 pm or email helpline@hse.ie

Use one drug at a time: Mixing drugs increases the risks

Mixing drugs, including alcohol and prescription medication can lead to unwanted and unpredictable effects and increases your risk of overdose. Learn about drug combinations and interactions on [drugs.ie](https://www.drugs.ie).

Take a test dose: Start low and go very slow

Pace yourself and take a small amount. With high strength and new drugs in circulation, it is important to start with smaller amounts. If you don't feel as expected, consider binning it.

Keep cool and stay hydrated: But don't drink over a pint of water an hour.

MDMA can confuse your body temperature, you feel warm, thirsty and urination is difficult. Drinking too much water to cool down or to try urinating can be dangerous. Too much water may lead to 'water intoxication' that can dilute your blood and flush out essential electrolytes that keep your brain and body working.

Know the signs of a club drug overdose

Temperature, hot flushed or sweaty skin, chest pain, rigid muscles, muscle pain or spasms, difficulty breathing, confusion, headache and seizures can all be signs of a medical emergency.

Don't be afraid to get medical help

Get help immediately at a venue or by calling 999/112. If in doubt about someone's physical or mental health, don't delay getting help.

Stay with the person until help arrives

Always be honest about what you think was taken. Emergency services are there to help.