



7 things to reduce your risk if using ecstasy at festivals

1. **Hydrate safely** – stick to 500ml (one small bottle or two cups) of water each hour.

2. Have **salty snacks or sports drinks**, and don't drink caffeine, including energy drinks.

3. **Do not mix different kinds of drugs, including alcohol.** This increases the chance of something going wrong and the effects are unpredictable.

4. **Avoid alcohol.** Alcohol will dehydrate you and increase your body temperature.

5. **Chill out and take breaks,** especially if you're feeling hot, it will help to cool you down.

6. Know the **signs that you need help.**

7. Remember the medics will help you, not call the police*.

The most important thing is that you get help ASAP.



Screenshot this, share, and keep handy at events.