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.