



Signs and symptoms that my friend or I might need help

- Feeling too hot
- Problems controlling muscles or the shakes
- Unusual amount of sweating
- Racing heartbeat
- Rapid breathing
- Nausea or vomiting
- Diarrhoea
- Headache
- Confusion or agitation
- Delirium – confused thinking and reduced awareness
- Hallucinations
- Psychosis
- Seizures
- Reduced or loss of consciousness



Screenshot this, share, and keep handy at events.