

DRUGS DOS AND DON'TS FOR FESTIVAL GOERS

It's safer not to use drugs at all – there are always risks.



Do

Tell your friends if you decide to use drugs.

Start low and go slow.

You can never be fully sure of the contents or strength. Take a small test dose and wait at least two hours before taking more.

Leave the mixing to the DJ.

Every time you mix drugs, including alcohol and prescription medication, you increase the risks.

Keep cool and stay hydrated.

Take breaks from dancing and drink water but not over a pint an hour.

Get help.

Find out where the medical tent is. Don't be afraid to get help if you or a friend becomes unwell or feel suicidal after using drugs.

Always be honest with emergency services about what was taken.

Don't

Don't use drugs if you are feeling low, anxious or depressed. Some drugs can make negative feelings or bad thoughts even worse.

Don't try drugs or new types of drugs for the first time at a music festival.

Don't use bank notes to snort and avoid sharing snorting paraphernalia. This can spread blood born viruses from person to person.

Don't rely on drug testing kits to keep you safe. They have limitations.

Don't use drugs in secluded locations. Be with people you trust.

Don't drive under the influence of drugs or alcohol.

For information and support on drugs and alcohol, visit **Drugs.ie** or call the HSE Drugs and Alcohol Helpline on **1800 459 459** (Monday to Friday 9:30am - 5:30pm). For more information about drug use at festivals go to **Drugs.ie/festivals**