

KEEPING SAFE

THE BEST WAY TO KEEP SAFE IS NOT TO USE ECSTASY AT ALL.

Ecstasy users can reduce the risks of getting serious problems when they are using by:

- Drinking non-alcoholic drinks (at least 250ml/ hour, no more than 500ml/hour, that's 1-2 cups)
- Being aware that drinking too much (non-alcoholic liquid) can cause problems
- If doing something really active, taking frequent rests and staying as cool as possible
- Having a non-drug taking person around who can keep an eye on friends who are using
- Doing a pulse-rate check: it should slow down when resting
- Not mixing ecstasy with other drugs
- Knowing what to do if someone shows signs of serious negative effects.

The signs that a person may be having serious problems from using ecstasy include:

- Becoming very agitated
- Convulsions (fits)
- Excessive thirst
- Sweating and dehydrating. The person is getting too hot
- Not feel like they need to urinate, even though they may be drinking more

WHAT TO DO IF A PERSON IS HAVING PROBLEMS

- Stay calm and try to keep them calm
- Dial triple zero (000) and ask for an ambulance, or
- Get them to a doctor straight away
- Tell the ambulance officer exactly what drugs have been taken

HELP FOR ECSTASY USERS

If a person is concerned about their ecstasy use, then they need to be encouraged to get help from their local Aboriginal Health Worker, their doctor or drug and alcohol service.

Families and friends who are worried about someone who is using ecstasy can also get support and information from these places.



**ABORIGINAL
DRUG AND ALCOHOL
COUNCIL (SA) INC.**



**INDIGENOUS
SUBSTANCE MISUSE
HEALTH PROMOTION UNIT.**

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ECSTASY

Effects on the body



USE THE BODY PICTURE TO IDENTIFY THE EFFECTS (SHORT TERM AND LONG TERM) THAT THIS DRUG IS HAVING ON YOUR

BODY

