

A close-up photograph of several melting ice cream bars on a black surface. The bars are in shades of pink, red, and light green. The melting ice cream has spread out, creating a colorful, abstract pattern. The text 'Try not to get MELTED...' is overlaid on the image.

Try not to get
MELTED...

Things are heating up...

Slap on the suncream

Wear loose clothing

Spend time in the shade

**Avoid the sun at the hottest point
in the day - usually 3pm**

Signs of heatstroke

- **headache**
- **dizziness and confusion**
- **loss of appetite and feeling sick**
- **excessive sweating and pale, clammy skin**
- **cramps in the arms, legs and stomach**
- **fast breathing or pulse**
- **high temperature of 38C or above**
- **extreme thirst**

Find shade, lie down, drink water or sports drinks with electrolytes and cool the skin with a cold wet cloth.

Stay well hydrated

Look out for the signs of dehydration:

- feeling thirsty and lightheaded
- a dry mouth
- tiredness
- having dark coloured, strong-smelling pee
- peeing less often than usual

If you have been taking drugs that have a simulant effect (e.g. cocaine or speed) this can lead to increased body temperatures and dehydration.

Benzodiazepines (like diazepam and vallies) and opiates (like heroin) can also cause dehydration.

Think about your tolerance...

If you haven't been drinking or taking other drugs for a while its likely your tolerance will have dropped so you will feel the effects from much lower doses than you are used to - start low and go slow!

**Pick up
your
litter**



Think about safe sex and consent



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Taken too much?

Know the signs of a **stimulant (cocaine, MDMA, speed)** overdose:

- Seizures/fitting/rigid muscles
- Hyperthermia (red-hot skin, overheating)
- Severe nausea and vomiting
- Rapid heart rate/chest pains/heart attack
- Difficulty breathing
- Hallucinations/anxiety/fear/panic

Know the signs of a **depressant (alcohol, Valium/Xanax, GHB, ketamine)** overdose:

- Unconsciousness
- Severe nausea and vomiting
- Seizures/fitting
- Difficulty breathing/snoring/raspy breathing
- Blue/pale tingeing of knees, hands and lips
- Slow or erratic heart rate
- Pale, cold and clammy skin

In an emergency, get help and...

- Keep calm
- Call 999 (or 112)
- Give as much information as possible inc. location, age, gender, what happened. Be honest about what they have taken
- Stay with the casualty
- **Distressed?** Sit them somewhere calm and give reassurance
- **Fitting?** Keep the area safe - move anything that could hurt them
- **Overheating?** Take them somewhere cooler, loosen tight clothing, cool them using fans or wet towels and give them small sips of water
- **Unconscious?** Put in the recovery position (or on their side) and monitor breathing
- **Stopped breathing?** Perform CPR (chest compressions and rescue breaths)
- If opioids are involved, or if you are unsure if they are, always administer naloxone

In an overdose, keep them safe but don't...

- Leave them alone
- Inflict excessive pain to wake them
- Give any other drug
- Encourage them to vomit
- Give them anything to eat or drink
(apart from small sips of water)
- Put them in a bath/shower
- Walk them about
- Attempt to restrain them



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