

ECSTASY- RISKS OF DEATH FROM HEATSTROKE

There have been at least 50 deaths of young people who have taken ecstasy at 'rave parties' - Why?

When you take ecstasy your body temperature rises.

When you take ecstasy in a hot place (a rave) your body temperature rises even more.

When you take ecstasy in a hot place and start dancing energetically your temperature rises even more again.

With body temperatures raised to these very high levels there is a risk of developing **HEATSTROKE.**

When your body overheats you lose fluid.

Some ravers lose pints and pints of fluid when dancing on 'E' in hot places

At a really buzzing indoor rave you could lose up to 6 pints in 6 hours.

These fluids must be replaced.

As a rough guide, you should be looking to drink about a pint of water every hour: sip water regularly, rather than drinking large amounts in one go, as this can be dangerous. Try and eat something salty and drink fruit juice, fizzy drinks or isotonic sports drinks, this should keep the body provided with the minerals it needs.

You should also have a rest from dancing and allow your body to cool down while you have your drink.

Chill out areas are perfect for this - give them a regular visit and do what it says - literally - **CHILL OUT!**

Alcohol is absolutely useless and positively dangerous for people dancing on 'E'. Alcohol makes you dehydrate even more!

Wearing a hat keeps heat in. So it's hats off to the rave.

FOR ADVICE AND INFORMATION

This publication was produced by



M A N C H E S T E R

"TELLING THE TRUTH ABOUT DRUGS"

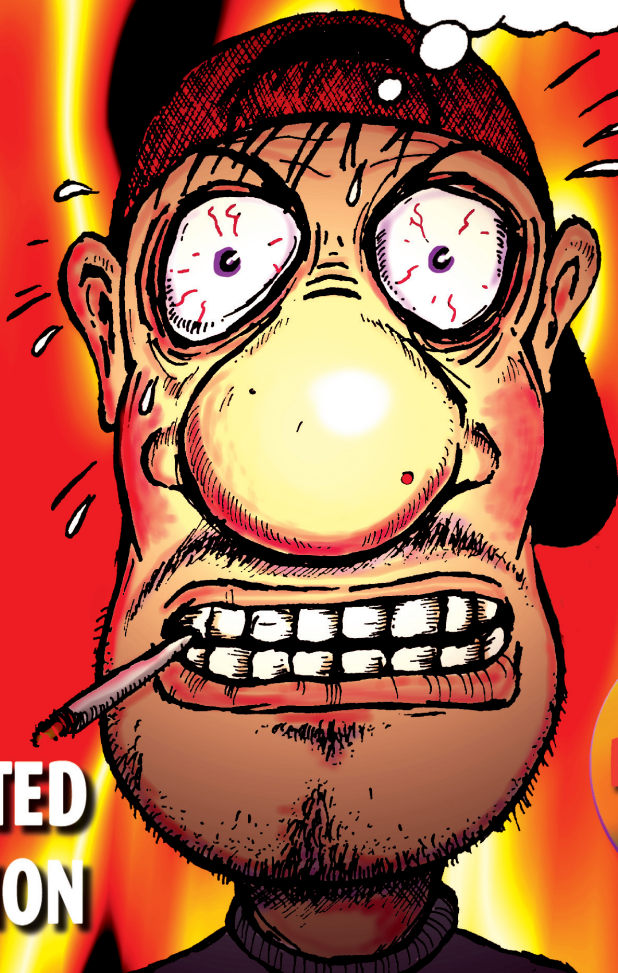
LIFELINE MANCHESTER

101-103 Oldham Street, Manchester, M4 1LW

Tel: 0161-839 2054

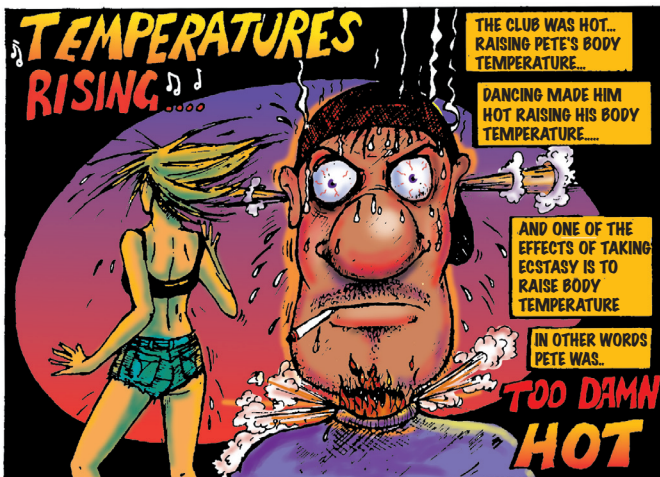
TOO DAMN HOT!

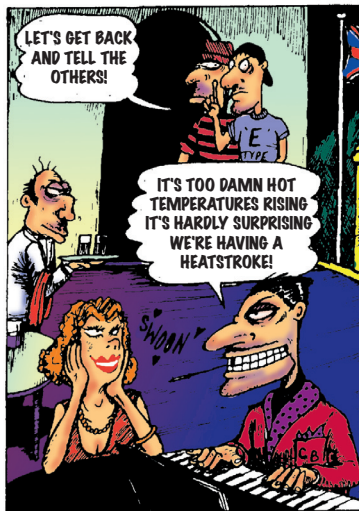
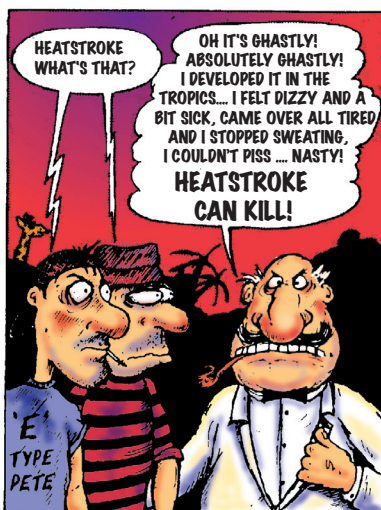
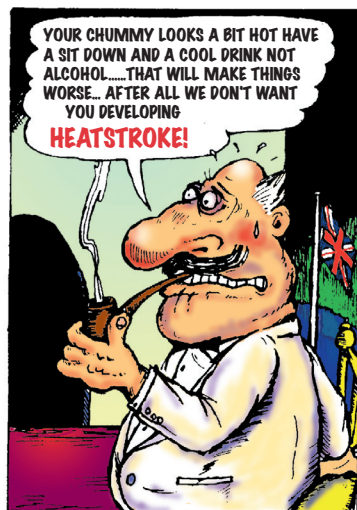
HEATSTROKE
IS A KILLER!



UPDATED
VERSION

WITH
PEANUT
PETE





WHAT DO WE DO

WARNING SIGNS AND WHAT TO DO IF SOMEONE COLLAPSES

There are several warning signs that should always be taken notice of:

1. Failure to sweat.
2. Heat cramps in the legs, arms and back.
3. Giddiness/Dizziness/Headache/Fatigue.
4. Vomiting.
5. When you go for a pee hardly anything comes out and when it does it is highly coloured.
6. Fainting/Loss of Consciousness.
7. Suddenly feeling really tired, irritable and confused.

If any of these things happen - Stop dancing. Get a drink of water. Chill out immediately!!

There have been two deaths reported from people drinking too much water when they have taken an 'E' (water toxicity). This is extremely rare. However, drinking one pint of water an hour when dancing, is about the right amount. Sipping water at regular intervals is better than drinking large amounts in one go. You should also try and eat something salty (not always easy when you've taken a stimulant drug), drink fruit juice, fizzy drinks or sports drinks (isotonic drinks).

Water is an antidote to dehydration, not ecstasy.

If someone has collapsed while dancing:

1. Call an ambulance.
2. Get the person to as cool a place as possible (outside maybe).
3. Drench them with water (as cold as possible) using any means you can. Increase the cooling down process by fanning them with anything that's handy.
4. When the ambulance comes tell them what the person has taken (if you know) and that you think it is heatstroke. On a technical note you are looking to get the body temperature down to 102F (38.9C). Once the temperature is down to this level the person should be wrapped in a dry blanket or given some dry clothes to wear. The temperature shouldn't be allowed to fall much below 102F (38.9C) or other serious consequences might develop.
5. If the person regains consciousness make them drink water with some salt in it. Those 'Re-Hydrate' packets that you mix with water are good. And you can get salt tablets or isotonic drinks if this is easier. At this point the person might start sweating again. This is a good sign!
6. The person should then be taken to hospital for observation and proper treatment.

REMEMBER: TO REDUCE YOUR RISK OF SUFFERING FROM HEATSTROKE: IF YOU TAKE 'E' AND DANCE, DRINK A PINT OF WATER OR ISOTONIC DRINK EVERY HOUR (NO MORE THAN THAT). HAVE A REST FROM DANCING REGULARLY.