

10 things to do to reduce your risk if using MDMA

1. **Know about the drug you are planning on taking** - do some research, talk to friends who have used MDMA.
2. **Hydrate safely** – stick to 500ml (one small bottle or two cups) of water each hour.
3. **Chill out and take a break** - especially if you're feeling hot it will help to cool you down.
4. **Try a small amount and wait to feel the effects** - everyone should take a test-dose. Purer MDMA does not mean safer MDMA; it's the MDMA in MDMA that increases the risk of harm.
5. **Don't double drop.** You don't know that there isn't something else in your drug that isn't MDMA, or that it even contains MDMA. Also, the amount (dose) of MDMA varies and your drug could contain dangerously high amounts.
6. **Do not mix different kinds of drugs, including alcohol.** This increases the chance of something going wrong and the effects are unpredictable.
7. **Have salty snacks or sports drinks** – and don't drink caffeine, including energy drinks.
8. **Stick with your mates** and make emergency plans.
9. Remember the **medics will help you**, not throw you out or call the police.
10. Know the **signs that you need help.**

The most important thing is that you get help ASAP.



DRUG | AWARE

Screenshot this, share and keep handy at events.