



## ***Not drunk much - but feeling weird!!***

**Feeling confused, hallucinations and paranoid – just a few signs your **drink** might have been **spiked****



It could be alcohol or drugs – symptoms can be similar...  
don't risk it - stop drinking

- **Tell your friends something is wrong and stay together**
- **Get to safety if on your own**
- **Seek medical attention, if necessary**
- **Report to staff and police any suspicious behaviour**



Call 999 and get medical help, especially if there is a loss of consciousness, breathing difficulties, or abnormal or impaired sight.

If you have used recreational drugs or drunk a lot of alcohol, it's important to tell your friends what you have taken and when and get medical help from event staff if you need it.

