

ECSTASY – RISKS OF DEATH FROM 'HEATSTROKE'

There have been at least 7 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 or so.

You should also have a rest from the 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



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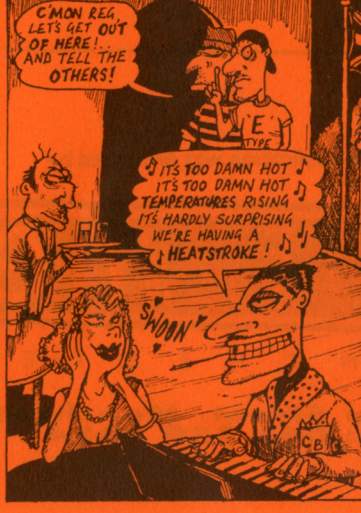
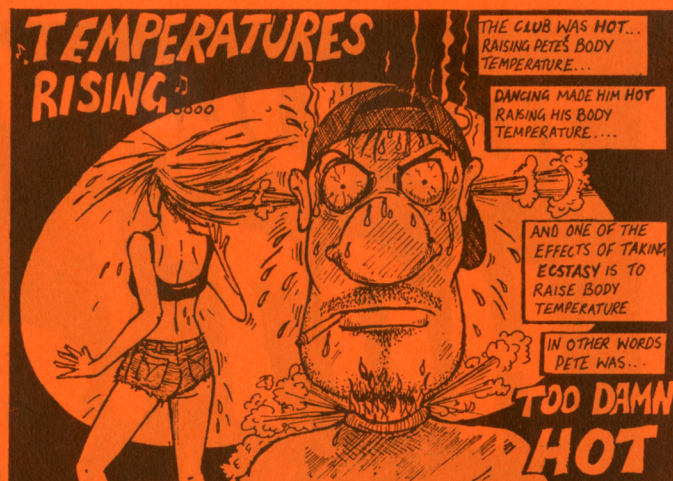
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WHAT DO WE DO NOW?

WARNING SIGNS AND WHAT TO DO IF SOMEONE COLLAPSE

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

1. Failure to sweat.
2. Heat cramps in the legs, arms and back.
3. Giddiness/Dizzyness/Headache/Fatigue.
4. Vomitting.
5. When you go for a pee hardly anything comes out and what 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 long of water and chill out immediately!!

* If someone has collapsed under these circumstances:

1. Call an ambulance.
2. Get the person to as cool a place as possible (outside may be best).
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 (if you know) and that you think it is heatstroke. On a technical note you are looking to get the body temperature down to (38.9°C). Once the temperature is down to the level the person should be wrapped in a dry blanket or given some dry clothing to wear. The temperature shouldn't be allowed to fall much below 102°F (38.9°C) or other serious consequences might develop.
5. If the person regains consciousness make them drink water with some salt in it. Those 'Re-Hydrat' packets that you mix with water are good. And you can get salt tablets 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: HEATSTROKE IS AVOIDABLE.
IF YOU TAKE 'E' AND RAVE, DRINK A PINT OF WATER OR SOFT DRINK EVERY HOUR. HAVE A REST FROM DANCING REGULARLY.