



**BULISEGÉLY**  
DROGAMBULANCIA

## Smart Party=Safe Party

14+1 useful tips for conscious and safe party



### 1. Fresh, cold water – good liquid-

At a party, your body constantly moves, burns more energy at higher temperature - so it requires more fluid than usual. Drink enough water

### 2. Glucose tabs - sugar power-

You feel faint or start to see dimly, your blood-sugar might be dropping. Glucose tabs contain essential, natural, fast-absorbing fructose, eat tabs if you need



### 3. Magnesium & calcium - muscle power -

Muscle strain and cramps can be signs of excessive movement - they are often from lack of magnesium and calcium. Take magnesium and calcium before, during and after party.

### 4. Dance with breaks -

You might not feel tired even after long hours of dancing but it is necessary for your body to take a break.

### 5. Deep breaths of fresh air -

If the air at the party is used, foul, it's especially important to regularly go outside for fresh air, or look for a place at the party where it is fresh.



Rolle this paper not the banknotes

**6. More is not necessarily better -**

If you decide to use drugs, thoroughly consider the amount intended for the occasion. Decide the amount when you are sober.

**7. Nose-y money -**

Using banknotes for sniffing is considered to be risky because they are full of invisible source of infection - which can enter your body through an injured mucous membrane. Do not share the same appliance for sniffing. Use this paper

**8. Sterile surfaces -**

Always make certain, that the area on which you put your streak of sniffing powder is clean. You can clean the surface with alcohol: just one quick movement and you've radically reduced the risk of infection.

**9. Mixing one, two, three?...-**

It is always very risky to use different kind of drugs at the same time, because it's hard to predict the combined effect. If you want to do this, be careful, keep the dose low and wait for the effect. Look for the combination chart in the HAVEN



**10. Dare to use less -**

It is advised to use less substance, not more, to experience joy.

**11. Be careful, when you buy substances in liquid form, for example liquid "ecstasy"!**

In many cases instead of MDMA you will get GHB – it can cause very adverse effect with alcohol or if you take too many.

**12. Sex & drugs –**

Under drugs it is easier to say yes to sexual activities that were not planned. Always use condom of good quality and unopened package: it can prevent you from a number of dangerous situations and diseases.

**13. Responsibility for others!**

If you notice that someone is tired, sick, or nauseous, take him to fresh air, give him water and glucose tablets, call a member of the Party Service in HAVEN

**14. If the person in need is not conscious, or barely breathing or you can barely feel a pulse, don't hesitate to call an ambulance.** The obligation of confidentiality requires the attending doctor to treat everything confidential. **(The telephone number of the ambulance is 104.)**

**+1. Honesty with yourself:** Do you take drugs to party or you just avoid negative thoughts and feelings? The two are not the same!

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