

Calen-Lorde Community Health Center

WANTS YOU TO PARTY

••• SAFER

How to avoid immediate health dangers, overdose or death from drugs and alcohol

DON'T MIX DRUGS

mixing drugs can cause serious problems because drug interactions are much stronger or more unpredictable than most people realize.

START SMALL

you can't be sure about how strong a party drug is, and the amount a friend takes may be way too much for you.

TELL A FRIEND

preferably one who isn't partying - tell him what you've taken and ask him to look out for you. If a friend passes out, stops breathing, or gets sick - **don't wait - call for help right away.**

EAT, DRINK WATER, REST, AND AVOID TOO MUCH SUN

Dehydration, exhaustion and sunstroke can be deadly. Take breaks and relax, even when your party drugs make you feel like you don't need to.

INFORMATION TO AVOID IMMEDIATE HEALTH DANGERS, OVERDOSE OR DEATH:

GHB is the most dangerous party drug. It is the leading cause of overdose-related death. GHB has a very narrow window between getting you high and overdosing - sometimes just a few drops. We strongly urge people not to party with GHB, but if you do, absolutely do not mix it with alcohol, Special K, nitrous oxide, sleeping pills or any other downer.

ALCOHOL in large amounts can cause coma or death. Mixing alcohol with other party drugs is very dangerous. Mixing alcohol with K or G can cause death.

COCAINE can cause heart attacks, abnormal heart rhythms, and stroke. Avoid excessive use, eat food and drink water.

CRYSTAL METHAMPHETAMINE can result in anxiety and paranoia, or severe depression and suicidal thoughts during a crash. Less common are heart attacks and strokes. Crystal's main danger is the high rate of addiction and the sexual compulsion that can lead to HIV infection. If you haven't used crystal, don't start - it is very dangerous.

ECSTASY can cause an increase in body temperature which makes you more dehydrated, especially after periods of dancing. Severe elevation of body temperature along with dehydration can lead to damage of your heart or brain. Make sure to rest, drink lots of water and avoid too much sun.

KETAMINE can cause an inability to move your arms or legs, especially when taking too much, making injuries from fall a serious problem. Injecting K makes it very difficult to determine the right dose, leading to overdose. K should not be mixed with alcohol.

POPPERS lower your blood pressure, and when mixed with Viagra, Levitra, or Cialis can cause a stroke or death. Poppers are highly flammable- keep them away from open flames.

If you have HIV, be extra careful about partying. Most party drugs have been shown to impair immune function, and some HIV medications, especially protease inhibitors, can have dangerous interactions with drugs, leading to severe reactions, and even death.

Callen-Lorde does not endorse any illegal drug use. The information on this postcard is not intended to be professional medical advice. For professional medical advice, you must consult your health care provider.

IF A FRIEND OVERDOSES OR IS IN TROUBLE - DON'T WAIT- CALL 911

356 W 18th St • New York, NY 10010 • 212-271-7200 • www.callen-lorde.org

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