

# staying safe on your night out

## How can I tell if a drink has been spiked?

### COMMON SIGNS INCLUDE:

Vomiting or Nausea

Amnesia (memory loss)

Difficulty focusing or speaking

Difficulty moving or balancing

Blurred or Double vision

Paranoia

Passing out

Blacking out



bubbles or fizzing



change of colour



odd smell or taste



drink/ice is cloudy

## How can I help someone who has been spiked?



stay with them and keep talking to them



don't let them leave alone or with someone they don't know



alert a member of venue staff and a trusted contact of theirs



seek medical assistance if their condition worsens

Encourage them to visit a hospital as soon as possible to take a blood or urine test, as most substances used for drink spiking will leave your system within 12-72 hours.

Some substances used for drink spiking, such as brake fluid, or more alcohol, will be undetectable, and just because no drugs are found in someone's system does not mean they have not been spiked.