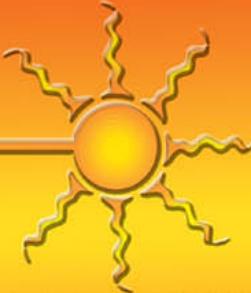


PROMOTERS & VENUE OWNERS...

HEATSTROKE HAPPENS TO PEOPLE EVEN WHEN THEY HAVEN'T TAKEN ANY DRUGS.

Follow these simple safe settings guidelines to prevent medical emergencies and make your events safer for people to dance and have fun:

1. Provide free and easy access to cool drinking water. This can be as simple as making sure there is running water in the bathrooms. (Shutting off access to water is illegal and extremely dangerous!) Offering free, bottled water is even better. Add the cost to your ticket price. Your patrons will be happy to pay extra!
2. Don't overcrowd your venues. Too many people dancing in an enclosed area can overwhelm even the most powerful air conditioning systems and raise the ambient temperature above 100 degrees! Limit your ticket sales based on the "heat capacity" of your venue. This is often lower than fire capacity. (For outdoor festivals, provide ample shade structures.)
3. Chill out rooms with ambient music, couches and bean bag chairs make a comfortable environment for people to relax and cool down after dancing energetically.
4. Establish proper ventilation and temperature control measures. If air conditioning is not available, large fans with open windows can often do the job. Fans blowing hot air from the inside out through an open window are better than from the outside in. Ceiling vents with exhaust fans provide the best ventilation.
5. Provide safety & harm reduction information to your patrons. DanceSafe offers pamphlets (like this one) & attractive posters (ideal for bathrooms & chill out rooms) with health & safety tips for avoiding heatstroke.
6. Be prepared. Have your security trained in basic first aid, and hire onsite EMTs for events with more than 500 attendees.



DanceSafe



PROMOTING HEALTH AND SAFETY WITHIN THE ELECTRONIC MUSIC COMMUNITY



WWW.DANCESAFE.ORG

DanceSafe neither condones nor condemns the use of any drug. Rather, we attempt to reduce drug-related harm by providing health and safety information to those who use.

No drug use is completely safe. All drug use contains inherent risks.

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WATCH OUT FOR...

Heat Stroke

ABOUT 15 PEOPLE IN THE U.S. DIE EACH YEAR AT ELECTRONIC MUSIC EVENTS.

WHY?

If you dance energetically in a hot environment, your body temperature rises.

If you take Molly, Ecstasy, MDMA or any stimulant drug, your body temperature also rises.

If you do both at the same time, your body temperature can rise even higher.

With body temperatures raised to such high levels, there is a risk of developing heatstroke.

You can lose up to a pint of water (2 cups) per hour dancing in a hot environment. These fluids need to be replaced.

Even a normal dose of MDMA increases your risk of heatstroke. (Remember, most people who have died after taking MDMA did not take an abnormally large amount. Higher doses are always more dangerous, but even low doses are not 100% safe.)

You can develop heatstroke even if you haven't consumed any drugs.

WHAT CAN YOU DO TO PREVENT HEATSTROKE?

As a rough guide, you should be looking to drink about a pint of water every hour (2 cups) if you are dancing, if it's hot and you are sweating, or if you are in a dry desert climate. Sports drinks like Gatorade are even better because these replenish your body's electrolytes and prevent hyponatremia (water toxicity).

Take breaks from dancing and allow your body to cool down. Find a chill out area or shade structure if you are outdoors in the sun.

Wear loose-fitting clothes and don't wear a hat indoors or at night. Wearing a hat keeps the heat in.

Drugs like MDMA inhibit the body's natural ability to regulate temperature, making you more susceptible to heatstroke. If you choose to use Molly, Ecstasy, MDMA or any stimulant drug, you should take even greater precautions.

Use a buddy system and watch out for your friends. The euphoria of MDMA can mask the symptoms of dehydration. You may be more able to detect when your friend is having a problem than they can.

WATCH OUT!

Taking too much MDMA (overdosing) greatly increases the risk of heatstroke. A large enough overdose by itself can cause hyperthermia (dangerously elevated body temperature) and death, even if you are in a cool environment. This is called serotonin syndrome. Some people are more sensitive to MDMA than others, and may be genetically more likely to experience hyperthermia. If you are using MDMA for the first time, take a much lower dose than others around you (one third to a half what they take) so you can see how your body reacts. Always test your drugs first so you know what you are taking. (Molly and Ecstasy often contain drugs far more dangerous than MDMA.) And remember that abstinence is always a valid choice. For more information visit www.DanceSafe.org and www.AmendTheRaveAct.org

WARNING SIGNS OF DEHYDRATION AND POSSIBLE HEATSTROKE:

1. Failure to sweat
2. Cramps in the legs, arms and back.
3. Giddiness, dizziness, headache, fatigue.
4. Vomiting.
5. Suddenly feeling really tired, irritable and confused.

If any of these symptoms occur, stop dancing, drink some water and chill out immediately.

BUT DON'T DRINK TOO MUCH WATER!

Some people have died at music festivals because they drank too much water. This is called hyponatremia and results when your electrolytes become diluted. The risk of hyponatremia is greater if you have taken MDMA, and it is greater in women than in men (due to the role of estrogen). Remember, two cups of water an hour is about the right amount to drink when dancing. You should also try to eat something salty (not always easy if you've taken a drug like MDMA), or drink a sports drink like Gatorade to replenish your electrolytes.

IF SOMEONE COLLAPSES WHILE DANCING:

1. Call an ambulance.
2. Get the person to as cool a place as possible. This might mean taking them outside.
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. You are looking to get the body temperature down to 102F (38.9C). Once the temperature is down to this level the person should be wrapped in a dry blanket or given some dry clothes to wear. The temperature shouldn't be allowed to fall much below 102F or other serious consequences might develop.
4. When the ambulance comes tell them what the person has taken (if you know) and that you think it is heatstroke.
5. If the person regains consciousness make them drink water with some salt in it. Gatorade or other sports drinks are ideal. At this point the person might start sweating again. This is a good sign!
6. The person should be taken to the hospital for observation and proper treatment.