

“THE RED SHOES”

- various interventions for safer night-life environments –



VLADA REPUBLIKE HRVATSKE
Ured za suzbijanje
zlouporabe droga

TO BEGIN WITH, TAKING ANY KIND OF DRUGS IS NEVER SAFE!

Each week, at least one new type of drug appears on the European market. The effects of these drugs have not been explored and are unknown.

WHY ARE NEW PSYCHOACTIVE SUBSTANCES (NPS), ALSO KNOWN AS “LEGAL HIGHS”, DANGEROUS?

- they are semi legal substances made by changing the chemical structure of illegal drugs, in order to get drugs that are not on the list of forbidden substances
- they imitate the looks and effects of known drugs (such as ecstasy, cannabis), **but their actual effects are not tested** and remain unfamiliar
- they can have unpredictable consequences on a person's physical and psychological well-being
- **it is impossible to know** what NPS actually contain, how they will impact the person taking them and what dosage can cause serious damage to your health

It's always safer not to use drugs, but if you decide to take them, keep in mind that you can never be 100% sure how a drug will affect you.

Taking a small amount of drugs firsthand allows testing of the drugs effect with a smaller risk of overdose.

Some drugs take up to 2 hours to produce an effect. Taking extra drugs with the goal of enhancing or speeding up the effect is **extremely dangerous and can lead to overdose.**

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AQUARIUS
NEXT CHAPTER

ZRCE BEACH CROATIA



PAPAYA

WHAT ARE THE SIGNS THAT SOMEONE MIGHT BE FEELING BAD DUE TO ALCOHOL OR DRUGS CONSUMPTION?

- increased heart rate and chest pain
- heavy breathing
- flushed face and excessive sweating
- gives out an impression of confusion and disorientation
- panic attacks
- sudden and random mood swings

IF YOU THINK A PERSON MIGHT BE FEELING UNWELL, CHECK IN ON HIM OR HER! ASK THEM HOW THEY'RE FEELING AND IF THEY NEED SOME HELP!



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IF YOU'RE DRINKING ALCOHOL OR TAKING DRUGS:

- **it's important you don't get behind the wheel while intoxicated**, especially don't drive if there's other people with you. Also, don't get in the car with a person that seems to be under the influence of alcohol or drugs
- **it's extremely important that you stay in the company of people** you know and trust
- **avoid conflict** – it's better to walk away from a frustrating situation or person
- **always be honest** about what you consumed that night and how much you had – people need to know this in case of an emergency, so you can get appropriate help

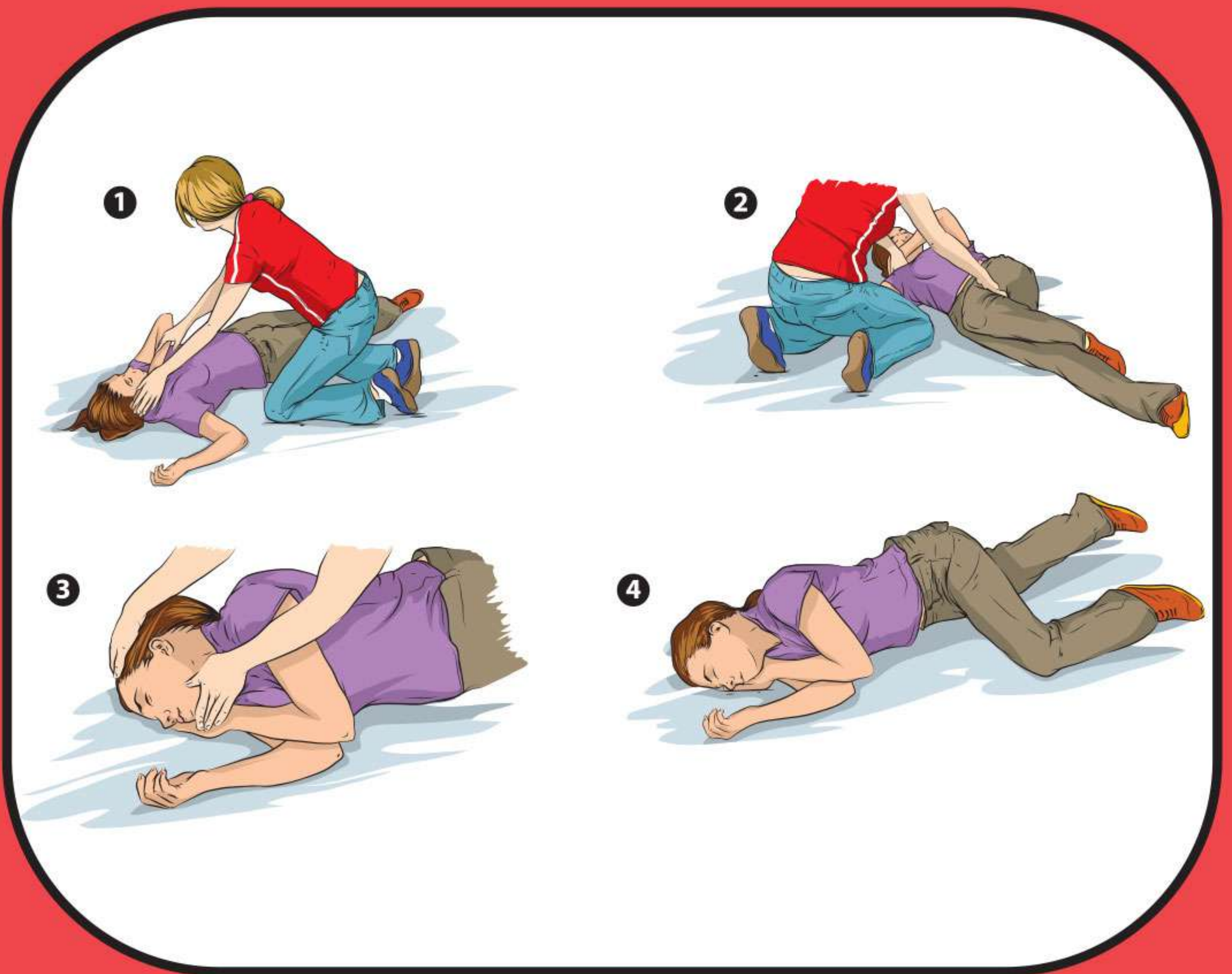
If you are not feeling well (physically or mentally) after you drank alcohol or took drugs, talk to someone and ask for help. Don't hesitate to turn to a friend or a staff member. Don't wait for the alcohol or drugs to "wear off" because you can never know how long is that going to take and what can happen in the meantime.

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IF SOMEBODY IS FEELING SICK DUE TO ALCOHOL OR DRUG CONSUMPTION:

- take them to a calm and quiet place
- dial 112 or 194 to call the ambulance
- stay with the person until the ambulance arrives
- give them some water, but not more than a glass of water every 30 minutes
- if the person is unconscious, put them in the **recovery position**
- lay the person down, turn them on their side, place their knee and arm under a 90 degrees angle to keep the person from turning



IMPORTANT NUMBERS YOU SHOULD REMEMBER:

SOS EMERGENCY NUMBER

112

AMBULANCE

194

POLICE

192

Even though you might not plan to have sex, keep in mind that consumption of alcohol and drugs increases chances of engaging in sexual activities. Because of this, you should always have a condom with you during your nights out, in order to protect yourself from unwanted pregnancy and STDs.

