



STAY SAFE

With a good feeling even tomorrow.

Party in such a way that:

- You know what you are doing
- You are able to take care of yourself and your friends
- You can prevent the risk of being abused or robbed
- You know what a condom is and how to use it

The following day:

- You remember what happened
- You remember what the person looks like whose number you have in your pocket
- You don't regret what you did

Don't leave a friend behind!

- Tell your friend if his or her substance use is getting out of control
- If necessary get your friend help, or guide him to seek help

Make your party a success! This is done best without substances, sober, or at least almost sober.

Where to get help?

- The A-Clinic Foundation
- Social services
- Health care
- Educational public health nurses, social workers and curators.

You are unique, so respect yourself!

<https://www.redcross.fi/node/1555/join-volunteer-drug-workers>

Does your friend need FIRST AID?

CAN YOU WAKE HIM UP?

1. **If he does not wake up, call 112 for emergency help.** Stay on the line until permitted to end the call.
2. Open up the airway by lifting the chin and press the forehead turning the head back. Check breathing by listening and feeling breaths of air.

IF HE IS BREATHING NORMALLY

Place him in the recovery position to ensure breathing until emergency help arrives.

Tell the emergency personnel what you know about the person and his intoxication.



IF HE'S NOT BREATHING OR IT IS NOT NORMAL

Start CPR with the rhythm of 30 compressions and 2 breaths.

IF HE HAS AN OPEN WOUND

- Minor wounds: clean with water and cover with a plaster
- Large wounds with heavy bleeding: Stop the bleeding by pressing on the wound, and apply a pressure bandage over the wound.

You can find Red Cross emergency dispatchers at many events. Learn first aid on the Red Cross first aid courses.

Use a condom!

- A condom is the only contraceptive to protect against sexually transmissible diseases when used properly
- Use a condom throughout sexual intercourse
- Even an asymptomatic person can transmit a sexual disease, which can also transmit through oral sex
- There are sexual diseases that have no cure
- The most common sexual disease in Finland is Chlamydia. A bit over 14 000 infections are found annually
- If you have had unprotected sex, take a test regularly
- By using a condom you can also prevent unwanted pregnancy. Discover the support services of HIV / sexual health care work of the Finnish Red Cross.
<https://www.punainenristi.fi/node/3146/hiv-neuvonta>
<https://www.redcross.fi/node/1557/health-issues>

You don't feel bad about good sex. You don't need to have sex if you don't feel like it!

Avoid virus infections

- Hepatitis B and C, as well as HIV, are transmitted through intravenous drug equipment (needles, syringes, filters, drug cups, liquid)
- Avoid injecting, or at least use your own clean equipment
- Most viruses are presumed to die when instruments are boiled for about 20 minutes
- Dispose of used syringes safely. Put used needles e.g. in a plastic bottle and take them to a healthcare information point, the pharmacy or health care center

The Finnish Red Cross/ Drug and Alcohol programme

- Red Cross Drug and Alcohol programme work has the rotations at many festivals during the Finnish summer.
- You can discuss issues related to substance abuse and ask for more information almost about anything from the drug and alcohol programme volunteer.
- Join us on the trainings and volunteer into Drug and Alcohol programme work. Take a look:
<https://www.redcross.fi/node/1555/join-volunteer-drug-workers>
- **Victim Support Finland/VS (RIKU)**
- VS helps if you have been the victim of a crime or a witness
- You can call VS helpline anonymously
- For advice and further information, please visit www.riku.fi
- You can find Victim Support or RIKU from Facebook as well.
- VS helpline: 116 006

Other important numbers

- Common emergency number: 112
- Poison Information Centre: 09 471 977 (Backup number 09 4711)
- The Tukinainen Rape Crisis Centre Helpline: 0800-97899 (Mon-Fri 9-15, Sat-Sun 15-21)
Lawyer line: 0800-97895 (Mon-Thu 13-16)
- The Finnish Association for Mental Health, helpline: 010 195 202
- Professional help and information about drugs, Substance Abuse Counseling 24 h: 0800 900 45

Save the numbers of yours next of kin to your phone after the tag ICE (In Case of Emergency).

Join the Red Cross:
<https://www.redcross.fi/medlemskap>



Substances,
first aid,
virus infections,
sexual diseases,
crime,
and other important
information.

Alcohol

= one measure contains 12 g of alcohol (4 cl of spirits, a glass of wine, or a bottle of medium strength beer/cider). Alcohol is burned at a rate of circa 1 g / h / 10 kg body weight)

Risks

- Paralyzes the central nervous system
- Vomiting is a symptom of poisoning
- Risks include dehydration, brain damage and choking while unconscious
- Induces addiction and causes a number of different cancers
- Alcohol is especially dangerous to an unborn child

Medicines

The effects of the medicines, affecting the central nervous system are often unpredictable and individual. There are a lot of adverse effects and synergies there. They cause addiction quickly and the harms from them can be, e.g. depression, aggressiveness, memory loss and poisoning.

Mixed use

= accidental or intentional mixed use of alcohol, drugs and/or medicines.

- The substances may increase, reduce or extend the effects of one another
- Risks include respiratory depression, internal organ damage and fatal poisoning

What to do?

- While using alcohol, drink water in between alcoholic drinks and take care of your sugar balance e.g. by eating
- If the person is unconscious, call 112 and place him/her in the recovery position to ensure breathing
- Do not leave a disorientated person alone, but observe his condition

Cannabis

= a general term for Hemp preparations, the most commonly marijuana. Cannabis is smoked or sometimes eaten mixed with food or drink. The treacly smell sticks to clothes and hair.

Risks

- May cause nausea, coughing, loss of motor skills, confusion and panic attacks
- Cannabis usage in youth (less than 22 years old) increases psychiatric disorders in adulthood
- Personality changes and social problems
- Contributes to the emergence of psychosis and schizophrenia among those people, who are susceptible to them
- Smoking cannabis damages the respiratory system and increases the risk of cancer
- Can be tested from the body for several weeks

Synthetic cannabinoids

(for example JWH-018 or Jehovah).

- Synthetic cannabinoids are stronger and more dangerous compounds than hemp cannabis
- The adverse effects appear quickly and the risks are greater

What to do?

- Psychiatric symptoms (panic disorder, anxiety) as well as other severe symptoms require further treatment, especially if they continue when sober

Buprenorphine (e.g., Subutex)

Finland's most common intoxicant opiate. The tablet is used through sniffing or intravenously. It depresses the central nervous system and breathing. The buprenorphine is particularly dangerous mixed with alcohol and benzodiazepines. The excipients of the pill also cause blood vessel damage.

Gamma / Liquid ecstasy

= GHB / GBL. GHB is a liquid central nervous system depressant. GBL is a much stronger precursor of GHB and becomes GHB in the body. Is usually sold as a liquid, but also e.g. as a powder.

Risks

- Paralyzes the central nervous system
- Dosage is difficult to estimate, and the risk of overdose is high
- May cause spasms, nausea, hypothermia, heart problems and unconsciousness
- A user's level of consciousness can suddenly and dramatically drop
- Symptoms of poisoning include fatigue, irregular breathing, seizures, slow heart rate and a decrease in blood pressure

The combination of GHB or GBL and other intoxicants or medicines can lead to unpredictable consequences. They are easily dissolved in beverages. Gamma's taste is possible to detect, but the taste of GBL is not.

What to do?

- If the person is unconscious, call 112 and place him/her in the recovery position to ensure breathing
- It is essential to watch and protect the person's respiration

Amphetamine

= chemically produced in different forms. The effect of methamphetamine is more powerful and it causes great harm even in small doses.

Risks

- Speeds up the central nervous system
- May cause nausea, seizures, heart problems, sensory distortions and paranoia, anxiety and acute psychosis

Ecstasy

= belong to a class of stimulants, active ingredient MDMA. The pills (or powders) of different colors and forms that are sold under the name of ecstasy often contain random ingredients (including those that cause hallucinations)

Risks

- The effects vary from high energy levels to calmness
- Hallucinations
- Use may cause disorientation, dehydration, movement and panic disorders
- Extreme effects include psychosis, cardiac arrhythmia, brain hemorrhage, muscle cramps and heat stroke
- Brain damage can be permanent
- Several combinations of antidepressants and ecstasy are lethal

What to do?

- Calm the person down and make sure he or she gets enough liquid
- Cardiac symptoms, fever, muscle spasms and loss of consciousness require hospitalization

Designer drugs

= modifications of existing drugs, which haven't necessarily yet been classified as drugs. E.g. alpha-PVP, JWH-018 ("spice" or "Jehovah"), Bromo-Dragonfly, mCPP are classified as designer drugs in Finland nowadays. About 100 different designer drugs have been reported annually in Finland. Drug dealers evade the drug control by rapidly bringing new, unexplored alternatives to the market. The substance composition and purity vary.

Risks

- Effects are often similar to those of drugs, which modifications they are
- The influence of designer drugs can start with a delay, can be more intense and last longer than an influence of other drugs, even for days
- The substance is often not what it is claimed to be
- The effects are often unpredictable and even life-threatening
- High risk of overdose
- The long-term effects on the human body are not known

What to do?

- Calm an agitated or anxious person down and make sure he or she gets enough liquid
- Cardiac symptoms, labored breathing, fever, muscle spasms and loss of consciousness require hospital treatment