

## FACTS ABOUT DATE RAPE DRUGS

### Taking Care of Yourself

#### TAKE CARE OF YOURSELF... FOLLOW THESE PRECAUTIONS

- Don't drink beverages that you don't open yourself
- Don't share or exchange drinks with anyone.
- Don't take a drink from a punch bowl that is unattended or attended by someone you don't know.
- Don't *drink* from a container that is being passed around.
- Provide your own drinks at *parties*.

If someone offers you a drink from the bar at a club or a party accompany the person to the bar to

Order your drink, watch the drink being poured, and carry the drink yourself.

Don't leave your drink unattended while biking, dancing, using the restroom, or making a phone call.

If you realize that your drink has been left unattended, discard it.

Don't drink anything that has an unusual taste or appearance (e.g. salty taste, excessive *foam*, unexplained residue).

#### WATCH OUT FOR FRIENDS

Appoint a designated 'sober person when you go to parties, clubs or bars. Have a plan to check on each other from time to time.

If one of your friends appears very intoxicated, gets sick after drinking a beverage, passes out and is difficult to awaken, seems to be having trouble breathing, or behaving in an uncharacteristic way, take steps to ensure your friend is safe. If necessary; call 911 for emergency medical assistance. If you see or hear someone is "dosing" a drink or a punch bowl, intervene. Confront the person, warn potential victims, discard the drink, and/or get help.

Warn friends about high-risk situations, such as clubs, where "dosing" is known to have occurred.

#### WHAT TO DO IF IT HAPPENS TO YOU

- Get to a safe place.
- Get help immediately
- Ask a trusted friend to stay with you and assist you in getting the help you need.
- Call the police.
- Get medical care.
- Go to a hospital emergency department as soon as possible for an examination and evidence collection.

Request that the hospital take a urine sample for drug toxicology testing. A special test must be conducted to detect Rohypnol in a

urine specimen within 72 hours of ingestion.

Preserve as much physical evidence as possible. Do not urinate, shower, bathe, douche, or throw away the clothing you were wearing during the incident if possible, save any other materials that might provide evidence, such as the glass that held your drink.

Call a sexual assault crisis center or the National Sexual Assault Hotline at 1.800.656-HOPE for information and support.