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## Information & Tips for a Safe Weekend at Shoreline Amphitheater September 28th and 29th, 2013

If you are planning to attend this weekend's "Beyond Wonderland Bay Area" at the Shoreline Amphitheater in Mountain View, we hope you have fun, but please do so safely. Please take a moment to read this important information, as well as the safety tips. **Most importantly, if you, a friend, or anyone else needs help, call 911 or contact on-site emergency personnel right away!**

### How to reach someone, for Emergencies and/or Information:

- Emergencies: 911 **OR** Mountain View PD's emergency line at **650-903-6922**
- Twitter @mountainviewpd use #MVPD or #MVPDBW13
- Instagram @mountainviewpd
- Anonymous tips can be sent by text to 274637 and include "mvtips" in the body of your text along with your message, plus a photo and/or video.
- Cell phone coverage can be hit or miss at some venues, so find a uniformed officer or other personnel if you need assistance.

### Commonly used Club Drugs

1. **MDMA** (also known as Ecstasy, Molly, E, X, Thizz, Thizzle, XTC)
2. **GHB** or Gamma-hydroxybutyrate (also known as Grievous Bodily Harm, G, Liquid Ecstasy, Georgia Home Boy)
3. **Methamphetamine** (also known as Speed, Ice, Chalk, Meth, Crystal, Crank, Fire, Glass)
4. **Ketamine** (also known as Special K, K, Vitamin K, Cat Valium)
5. **Rohypnol** (also known as Roofies, Rophies, Roche, Forget-me Pill)
6. **LSD**, or Lysergic Acid Diethylamide (also known as Acid, Boomers, Yellow Sunshines)

### Effects of stimulant club drugs, such as MDMA and Methamphetamine:

- Increased heart rate
- Convulsions
- Extreme rise in body temperature
- Uncontrollable movements
- Insomnia
- Impaired speech
- Dehydration
- High blood pressure
- Grinding teeth

### Effects of sedative/hallucinogenic club drugs, such as GHB, Ketamine, LSD, and Rohypnol:

- Slow breathing
- Decreased heart rate (except LSD)

- Respiratory problems
- Intoxication
- Drowsiness
- Confusion
- Tremors
- Nausea

(Source: FBI website, "Tips for Parents" <http://www.fbi.gov/scams-safety/clubdrugs>)

### **Long-term effects of club drugs such as MDMA**

- Anxiety, depression, problems with attention and concentration
- Serious health problems, such as memory loss and brain damage

### **Symptoms of an overdose:**

- Total confusion
- Muscle twitching
- Cardiac arrhythmia
- Heart damage
- Cardiac arrest
- Hemorrhage and/or stroke
- Severe hyperthermia
- Coma
- Death

### **Did you know?**

- In 2001, there were 100 U.S. deaths among youth related to MDMA. In 2010, that number grew to more than 500 deaths.
- In 2013, a form of MDMA known as "Molly" was suspected in the deaths of several young people in the U.S.
- A recent survey of Santa Clara County teens revealed as many as one in four has taken ecstasy at least once.
- When someone takes ecstasy, he or she cannot be sure exactly what they are taking; substances such as caffeine, dextromethorphan (found in some cough syrups), amphetamines, PCP, or cocaine are sometimes added or substituted for MDMA.
- Taking just one ecstasy pill can be fatal; people don't always know the dose of the pill they are taking, and many other chemicals can be mixed in with the drug.
- Alcohol is commonly associated with sexual assault, but other club drugs that can be unknowingly given to a victim, can be incapacitating and prevent him or her from resisting a sexual assault or other crime.
- These drugs can cause amnesia, and they are especially dangerous when mixed with alcohol.

### **How to Protect Yourself**

1. Only drink from tamper-proof bottles and cans, and insist on opening them yourself.
2. Pour your own drink, or watch while any drink is being prepared.
3. Never drink from group drinks, such as punch bowls.
4. Keep a close eye on your drink at all times. Do not rely on someone else to watch it for you.
5. If you think you've been drugged, seek medical attention right away.

6. If someone passes out and you suspect he or she may have been given drugs, call for medical attention immediately.

(Source: Palo Alto Medical Foundation: <http://www.pamf.org/teen/risk/drugs/daterape/>)

***We want you to have fun, but to do so safely. If you or someone else has a medical emergency or you suspect is a victim of a crime, please call 911 or contact medical personnel on-site immediately.***

#### **Resources:**

Tips for a safer rave from Voices United:  
<http://www.voicesunited.net/en/ecstasy>

Helpful info on club drugs:  
<http://www.drugabuse.gov/drugs-abuse/club-drugs>

Info on Santa Clara County's campaign on raising awareness of ecstasy:  
<http://www.sccgov.org/sites/sccphd/en-us/Pages/Ecstasy-Documentary-Flyer.aspx>