

• Although high levels of binge drinking have been normalised in Australia, it is not healthy to drink until you vomit, blackout, etc regularly. Check in with yourself and use water and other non-alcoholic drinks to slow down a little and enjoy the process.

DRUG COMBINATIONS

** Polydrug use has many possible outcomes. What could be fun for one person could be dangerous for another. We recommend you proceed with caution.*

DANGEROUS

Ketamine - nausea, vomiting, blackouts

MXE - High risk of memory loss, vomiting, severe ataxia (*severe loss of coordination*)

GHB - Particularly risky combination. Can easily result in an overdose leading to loss of consciousness, nausea and vomiting

Opioids - Both substances potentiate the ataxia & sedation caused by the other & can lead to unexpected loss of consciousness

Tramadol - Heavy CNS depressants, risk of seizures

Benzos - Intensifies the effects of alcohol & can lead to blackouts

Other medications (*prescribed or not*) -ie. anti-psychootics, antidepressants, some antibiotics

CAUTION

Cocaine - Forms coca-ethylene in the body which is more harmful than the individual substances & creates a higher chance of dependency. Illusion of being less intoxicated.

MAOIs – Tyramine (*Fermented alcohol like Beer, red wine, vermouth, sherry, & some liqueurs have high amounts of tyramine.* can have dangerous reactions with MAOIs, causing an increase in blood pressure

Stimulants - May be able to drink more but can increase risk of alcohol poisoning

MDMA - Both MDMA and alcohol cause dehydration.

SSRIs - May intensify the effects of alcohol.

It is not recommended to use alcohol if you are, have or are at risk of:

• **Pregnant or breastfeeding, Age 18yrs or under, Heart issues, Liver disease, Mental health issues incl. depression &/or anxiety**

DRUG TESTS & ROADSIDE TESTS

Roadside Police:

Roadside breath testing will detect alcohol and any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving. Consuming large quantities over a period of several hours can lengthen this time period.

Workplace:

OHS law gives employers rights to test employees for drug use. This should be contained in workplace policy, it should be reasonable, and a risk assessment should be done to determine whether testing of employees is appropriate.

Urine: 1 hr - 3+ days after

Hair: Up to 90 days

Blood: 15min - 2 days after

MORE INFO:

This educational resource has been developed by people who use drugs for their peers and the wider community. The role of DanceWize is to provide practical, evidence-based, unbiased information to assist you to make educated choices and to promote harm reduction, community care, and wellbeing. In an unregulated market it's impossible to know the purity or dose of any substance. Taking drugs from an unregulated market carries its own risk, and you can educate yourself and practice harm reduction to reduce this risk.

Knowledge is power.

OTHER HELPFUL PEER BASED WEBSITES

AUSTRALIA

www.dancewize.org.au

www.dancewizensw.org.au

www.hi-ground.org

www.prism.org.au,

www.consciousnest.info

INTERNATIONAL

www.erowid.org

www.tripsit.me

www.dancesafe.org

www.trippproject.ca

<https://www.kosmicare.org/>

www.pillreports.com

Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings'. Both HRVic & DanceWize post these Drug Alerts on our socials.



Alcohol

STREET NAMES

booze, grog, piss, brew, charge, shots, flagon, goon, tallie, longneck, throwies, moonshine etc.

CHEMICAL COMPOUND

Ethanol

KNOW YOUR BODY & MIND - 'SET'
KNOW YOUR ENVIRONMENT - 'SETTING'
KNOW YOUR DRUG - 'PRACTISE HARM REDUCTION'

SAY 'KNOW'TO DRUGS.

DESCRIPTION

Alcohol is the most widely used psychoactive drug in Australia. Given its legal status, it is widely accepted and readily available. The intoxicating ingredient, ethanol, is found in beer, wine and spirits and is produced by fermenting sugars, yeasts and starches. **Alcohol is a depressant that acts on the central nervous system (CNS) slowing down breathing and heart rate making your body and mind more relaxed.** Alcohol is quickly absorbed through the stomach and small intestine. It's the amount of alcohol (ethanol) you drink, not the overall volume of beverage consumed, which affects you. Beer usually has 3-5% ethanol and wine can have 11-15%, whereas spirits can have up to 40-50%. Alcohol is a natural product of fermenting sugars. Beer is usually made from grains such as barley, wheat and rice; cider is made from apples, pears and other fruits; wine is made from grapes; and spirits are usually made from grains or fruits, but can also be made from plants. In Australia, the legal age for drinking and buying alcohol is 18 years old. Moonshine is the term used for home brew and bootleg liquor. Poorly fermented alcohol can have harmful contaminants.

ADMINISTRATION (MOST COMMON ROUTES)

Most commonly swallowed.

But can also be consumed rectally.

DURATION OF EFFECTS

Total duration: 1.5 – 3 hours

Onset: 15-30 minutes

Peak: 15-90 minutes

Coming down: 45-60 minutes

Hangover/after effects: 1-36 hours

HALF LIFE

Alcohol does not have a 'half life' like other drugs and passes rapidly through your system.

Alcohol is metabolised at a constant rate, but some people may feel the effects of alcohol for longer amounts of time.

EFFECTS

= 'Set' (your mind & body) + 'Setting' (environment) + Drug

PHYSICAL

- Giddiness, dizziness
- Nausea, vomiting
- Reduced impulse control
- Reduced ability to attain/maintain an erection
- Increased difficulty in reaching orgasm
- Frequent urination
- Decreased coordination
- Mild to severe hangover after heavy use
- Analgesia (pain relief)
- Dehydration
- Decreased coordination
- Drowsiness
- Flushed skin
- Slurred speech
- Blackouts and memory loss at high doses 🍷
- Coma and death at extreme doses 🍷

EMOTIONAL

- Elevated mood
- Happiness
- Relaxation
- Emotional instability (affection, aggression, anger, violence, sadness etc)
- Increased confidence/ cockiness
- Depression and despair
- Over expression

PSYCHOLOGICAL

- Increased sociability
- Reduced social inhibitions
- Changed response to sexual stimuli
- 'Beer Goggles'- others appear more attractive
- Impaired ability to make adequate decisions
- Confusion
- Memory Loss 🍷

KEY: 🍷 LESS COMMON 🍷 RARE

LONG TERM EFFECTS

- Cirrhosis of the liver • Cancer (*mouth, pharynx, larynx, oesophagus, stomach*) • Heart and blood problems incl. stroke and hyper tension • Stomach problems • Lowered immune system • Nerve problems (*arms and legs*) resulting in amputation
- Alcohol related brain injury • Problems with family, friends, work, finances etc
- Alcohol dependence (withdrawal can be dangerous -sometimes deadly! NO JOKE.)

EFFECTS ON PREGNANCY

- may increase the risk of miscarriage, premature birth • has been known to cause low birth weight in babies • can cause foetal alcohol spectrum disorder (FASD)

SAFER USING

- Try to **use in comfortable environments with people you trust** to look out for you if you overdo it
- **HYDRATE.** Alternate alcohol with water & ensure you are hydrated before drinking and after you stop
- Avoid leaving your drink unattended
- Try to **eat well** before drinking
- If you **order and/or pour your own** drinks, it will make it easier to **keep track** of how much you've had
- Check the label on your drink - it may contain more than 1x standard drink
- Be aware of factors that may affect your tolerance (*eg. other drugs incl. prescription medications, menstrual cycle etc.*)
- Stress & social anxiety can make you more susceptible to alcohol
- Remember-**Alcohol is a drug. It can be risky to mix with other drugs.** If you are going to take other drugs, avoid or moderate your alcohol intake.

SELF CARE

- Avoid mixing different types of alcohol - this can make your hangover worse
- Although tempting to have a drink to 'cure' a hangover, the effects of that drink will soon wear off
- Be aware of how alcohol affects your mood