



22 February 2007

Party Safely at Mardi Gras!

People from around the country and the world will be gathering in Sydney on Saturday 3rd March for the annual Gay and Lesbian Mardi Gras Parade – one of the biggest party nights of the year!

The Mardi Gras parade brings with it a large party atmosphere, and the event is community orientated, meaning people of many ages and backgrounds will be attending.

Ambulance offers the following tips to make sure everyone stays safe and has fun:

- Drink alcohol in moderation – you will still have a good time AND you'll feel better the next day! Alternate water or soft drink with alcohol.
- NEVER leave your drink unattended – if you are in a pub, club or bar it is important to be vigilant of your drink, and those of your companions. Drink spiking is, unfortunately, a common occurrence.
- Avoid taking glass bottles or containers to celebrations – a large number of calls that Ambulance attends at outdoor party events are injuries caused by broken glass.
- Pre-organise a designated driver who won't consume alcohol, or travel by public transport. Plenty of extra taxis and buses will be running on the night.
- Motorists should be very wary of increased pedestrian activity – avoid driving in CBD areas for the night if possible.
- If you go out during the day, ensure you "slip, slop, slap and wrap" to protect yourself from the sun.
- Avoid taking drugs – many illicit drugs are manufactured by "backyard operators" and can contain extremely toxic chemicals and substances.



Ambulance Service of New South Wales

media release

NSW Police Force and NSW Health have recently issued a warning on the circulation of paramethoxyamphetamine, or PMA, which has been passed off as ecstasy [MDMA]. PMA is a highly toxic form of amphetamine which has been implicated in a recent death.

- Ambulance advises people to immediately call Triple Zero and ask for an ambulance if any unexplained symptoms arise.

Remember that our ambulance officers are trained medical professionals whose focus is on caring for their patients. People should not hesitate in calling for an ambulance for fear of police involvement. Police are not notified of routine drug overdoses.

Ambulance officers are appealing for people to be honest about any drug use if they need to call for an ambulance. Withholding information may delay vital medical treatment.

Calling an ambulance without delay could save a life.

A number of city streets will be closed to traffic, but please be reassured that arrangements are in place for emergency vehicles to get through if the need arises.

We wish all those participating and spectating in the parade a happy and safe night!

~ ENDS ~

For further information or local media opportunities please contact Ambulance Media on (02) 9320 7796.