

R@FRESHING



..... 10 mins

..... 20 mins

..... 30 mins

..... 40 mins

..... 50 mins

..... 60 mins

If you've taken Ecstasy and you're dancing non-stop, sip about a pint of water an hour.

For further information about drugs contact the
National Drugs Helpline (Frank): 0300 123 6600



Public Health
Agency