

# Alcohol and Drugs Abroad



Drugs laws vary from country to country. Some prescription and over the counter medication could be illegal

## Think Luggage!

Keep an eye on yours!  
Don't carry anyone else's



If it contains drugs, then you will be in serious trouble with the law

## Think Consequences!

Taking an illegal drug into a country can lead to time in prison



Check out the rules on medication before you travel

## Be Aware!

Alcohol strengths and measures vary in other countries, you may be drinking more than you think

## Signs of Alcohol Poisoning!

Your body can only process a small amount of alcohol per hour, alcohol poisoning **can be serious**.

### Watch out for...



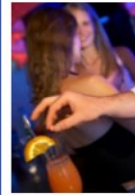
Seek medical advice urgently!

# Holiday Safety



Stay safe this summer

## Drink Spiking Dangers!



Drink spiking incidents are often unreported but are still common. Drink Spiking can cause memory loss and put you in a vulnerable position

### Avoid...

Leaving your drink unattended

Sharing drinks

Accepting drinks from strangers

Drinking the drink if you suspect it's been spiked

## Think Sun Safety!

We spend a lot of time in the sun on our holidays. Protect yourself from:

Sun burn

Heat stroke

Heat exhaustion



Alcohol and some medication can make you more sensitive to the sun

## Think Rehydration!

Sweating in the heat will dehydrate the body - remember to replace fluids regularly



Avoid caffeinated and alcoholic drinks as these are diuretics



## Think Water Safety!

Warning signs on beaches are universal, so get to know your flags.



Are lifeguards present on the beaches or around the pool?

## Watch the tide!

You don't want to get trapped.

Spending time on the beach at night can be exciting but be aware of the dangers...



# Top Safety Tips

## Try to keep in contact



Whether you are travelling alone or with a group, make sure someone knows where you are

## Get to know the area



Find out about unsafe areas and avoid them

## #KnowYourLimits



Let your body have a break from alcohol

## Get adequate travel insurance



A trip to hospital could be expensive



## Where's your passport?

Make sure you don't lose this important document, keep it safe with your tickets



## Further help and advice

## #KnowBeforeYouGo



Foreign & Commonwealth Office

Information on visas, documents, local customs, and what vaccines are needed, etc.

[www.gov.uk/government/organisations/foreign-commonwealth-office](http://www.gov.uk/government/organisations/foreign-commonwealth-office)

## See your travel/hotel rep



## British Embassy



If you are a victim of crime, need a translator in hospital or have lost your travel documents while abroad the local British Embassy may be able to assist you



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