

# **Keep Your Drink Safer**

**drink (or food) spiking  
can happen any place-  
the most common drugs used:  
GHB (ecstasy),  
Ketamine, and Rohypnol ("roofie")**

## **WATCH IT**

**get your own drink or watch it being poured**

## **KEEP IT**

**don't leave your drink unattended -  
give it to someone you trust  
when go to the restroom  
or hit the dance floor**

## **TOSS IT**

**If your drink looks, tastes, or smells weird,  
dump it out or take it back to the bar  
or person serving drinks**

## **REFUSE IT**

**Don't accept a drink from someone you  
don't know**

# HOW TO TELL IF YOUR FOOD OR DRINK HAS BEEN SPIKED

We hope this never happens to you, but here are some important things to know if you think a drink (not just alcohol) or food has been spiked (“roofied”)

01

## What does it look like?

Look for fizzing, cloudiness, a change in color or texture (thickening)

02

## What does it taste like?

A drink that has been spiked might taste salty, bitter, or just “off” from how it usually tastes

03

## What do you feel like?

Some common signs of spiking include: slurred speech, trouble breathing, feeling sleepy, not being able to move, feeling lightheaded or faint, feeling “drunk” even with no or little alcohol

**STOP!** drinking (or eating) if you think your beverage or food is spiked. **TELL SOMEONE!** the bartender, manager, person throwing the party.

**GET HELP!** If you are having any symptoms, get help immediately by calling 911 (Indiana has a lifeline law so don't be afraid to call if you're underage) or ask a friend to take you to the nearest ER or campus health center.