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## DRUG ADVISORY

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January 17, 2012

### Why You Should Worry About Ecstasy (“E”)

Due to the recent instances of ecstasy-related deaths in the lower mainland, Northern Health would like to advise the public of the following information about the drug Ecstasy.

- “E” use is fraught with danger. It could be fatal.
- “E” is almost ALWAYS a combo drug. You never know what’s in it.
- If you took “E” and feel sick or overheated, don’t wait! Go to a hospital. By the time some people got there, it was too late and they died. (You won’t get arrested!)
- Even 1 or 2 tabs can be a problem. Some people’s bodies just can’t handle even one tab. Taking several tabs at once or over a few hours can really be bad news.
- Using other drugs (booze, prescription or street) at the same time makes toxic effects worse.
- If you take “E”, always have someone sober with you to take you to hospital right away if you get sick or overheated.
- Best idea? Don’t do “E”, especially right now. Remember, you never know what you are really taking.

More information about Ecstasy can be found from Health Canada at <http://www.hc-sc.gc.ca/hc-ps/drugs-droques/learn-renseigne/ecstasy-eng.php>.

#### Media Contact:

NH Communications  
Media Line: 250-961-7724