

What To Do If Your Friend Is Unwell

Simple steps to take while waiting for medical help



First rule

- If something feels wrong, act. Waiting to be sure causes more harm than asking for help early.

Stay calm

- Your calm helps them. Speak slowly. Reassure them. Panic makes things worse.

Do not leave them alone

- Stay with them at all times. If you need help, ask someone else rather than leaving.

Check responsiveness

- Talk to them. Ask simple questions. Gently shake their shoulder.
- No response is a warning sign.

Check breathing

- Watch their chest. Listen for breathing.
- Slow, irregular, noisy, or stopped breathing needs urgent help.

Put them in the recovery position

- If they are drowsy, vomiting, or unconscious, roll them onto their side to keep their airway clear.

Look for danger signs

- Trouble breathing
- Seizures
- Severe chest pain
- Overheating
- Repeated vomiting
- Blue or pale lips
- Collapse

Get help early

- Go to festival welfare or medical teams.
- If off-site, call 999.
- Medical help is about safety, not punishment.

What not to do

- Do not give more substances
- Do not force water
- Do not let them sleep it off
- Do not leave them alone

What to tell medics

- Say what symptoms you see
- Say what may have been taken if known
- Be honest. This helps them help your friend.

When to call 999

- Unconscious
- Not breathing properly
- Having a seizure
- Severe chest pain
- Overheating and not cooling down
- You suspect an overdose

Final message

- You don't need to be an expert.
- Staying with them and getting help early can save a life.