

VIBE CHECK!



is everyone in the group feeling...

- * RESTED?
- * INFORMED?
- * PREPARED?
- * HYDRATED?
- * SUPPORTED?

is anyone in the group feeling...

- * ON EDGE?
- * TIRED?
- * DIZZY?
- * SHAKY?
- * NAUSEATED?



party on!
start low, go slow.

pause your party!
check in with your crew.

if you notice someone in the group that is...

COLD + CLAMMY

UNCONSCIOUS

HAVING A HARD TIME BREATHING

SEEK IMMEDIATE MEDICAL ATTENTION!!!



ACCESS HARM REDUCTION SUPPORTS

