

the RED CUP Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q How can I tell if I've been roofied?

A. Some of you might be wondering what's "roofied" and what does it have to do with drinking? The term originally referred to the drug Rohypnol and now includes other drugs with similar effects such as GHB and Ketamine. They have street names like psychedelic heroin, mind erasers, or cat valium, and most are illegal in the U.S. These drugs were developed as anesthetics for humans and yes, animals, and are potent sedatives. That means they can knock you out and you won't remember what happened! Some people think it's fun or have ulterior motives (think date rape drug here) to sneak a pill or liquid form of these substances into an unsuspecting person's drink at parties. Most of these are colorless and odorless so you wouldn't know unless you started experiencing some of the following:

- loss of muscle control
- difficulty with coordination
- confusion
- feeling out of control
- sleepiness or dizziness
- nausea
- sudden blackout
- amnesia afterwards
- distorted perceptions
- problems breathing

The problem with trying to tell if you've been roofied or not is that the effects mimic feeling really drunk. If a drinker loses count of how many drinks have been consumed or assumes it's less than it really is, one could wonder if something was slipped in a drink. These substances have a synergistic effect when combined with alcohol, meaning you'll feel much more intoxicated than usual. At high doses, breathing may stop.

Roofie Protection 101 from the Campus Health Service's CAPS' Dr. C:

- Don't accept opened containers from others; open them yourself
- Keep your drink with you at all times
- Don't drink punchbowl concoctions
- Don't drink anything that tastes or smells strange
- Have a non-drinking friend in your group
- If you feel like passing out drunk and haven't had any or much alcohol, get help
- Avoid parties with people and places you don't know
- If you're starting to feel sick/drunken, accept offers home only with trusted friends

What Should I Do If I Think I've Been Drugged?

- Call 911 and get medical care



wildfact

Freshmen, today's the last day to complete your eCHECKUP To Go:
www.health.arizona.edu/checkup



Got a question about alcohol?

Email it to redcup@email.arizona.edu

CAMPUS HEALTH

www.health.arizona.edu

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