

What to do if you think you or a friend has been spiked by needle/drink...

Remember...**CARE**

Scan this QR code with your mobile device for non-urgent advice and help.



Communicate



Tell trusted and responsible people around you what has happened – bar staff, security, emergency services.

Assess



SEEK or REMAIN at PLACE OF SAFETY
Assess your RISK – consider the following – family and friends near you or contactable, DO NOT DRIVE, DO NOT befriend a stranger.

Reassure



Risk of serious medical illness is low. Police and Emergency Services will help and advise. In the majority of cases, you will not need to visit the hospital.

Evidence



Consider – Did anyone witness any spiking? If so, get their names. Consider securing any evidence - who, when, where, what time? Keep the drink secure etc.

Beth i'w wneud os ydych chi'n meddwl eich bod chi neu ffrind wedi cael eich sbeicio gan nodwydd/bod eich diod wedi'i sbeicio

Cofiwch...**CARE (GOFAL)**

Sganiwch y cod QR hwn gyda'ch dyfais symudol am gyngor a chymorth nad yw'n frys.



Cyfathrebu



Dywedwch wrth bobl ddibynadwy a chyfrifol o'ch cwmpas beth sydd wedi digwydd – staff bar, staff diogelwch, gwasanaethau brys.

Asesu



CEISIWCH neu ARHOSWCH mewn MAN DIOGEL. Aseswch eich RISG - ystyriwch y canlynol - mae teulu a ffrindiau yn agos i chi neu gallwch gysylltu â nhw, PEIDIWCH Â GYRRU, PEIDIWCH ag ymddiried mewn dieithryn.

Sicrhau



Mae'r risg o salwch meddygol difrifol yn isel. Bydd yr Heddlu a'r Gwasanaethau Brys yn helpu ac yn cynghori. Yn y rhan fwyaf o achosion, ni fydd angen i chi fynd i'r ysbyty.

Tystiolaeth



A waeth unrhyw un weld y sbeicio? – Gofynnwch am eu henwau ac ati. Ystyriwch unrhyw dystiolaeth – pwy, pryd, ble, pa amser, cadwch y ddiod yn ddiogel ac ati.