OVERHEATED?
STIFF MUSCLES?
JAW CLENCHING?
CONFUSED?
DIFFICULTY WALKING?
REALLY ANXIOUS?

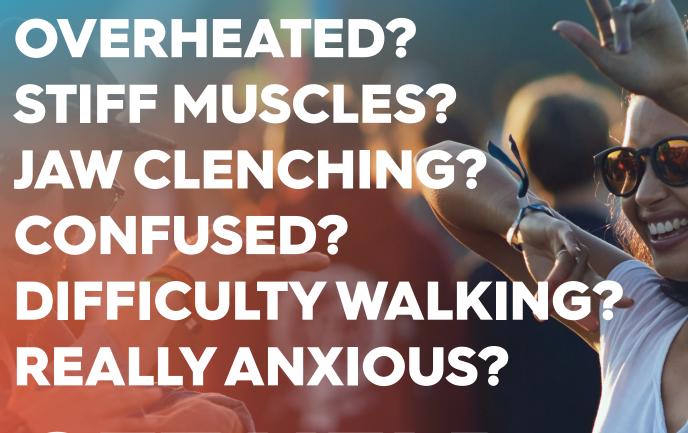
## GET HELP FAST

These are all signs you or your mates have overdone it.

STAY

stayok.nsw.gov.au





## GETHELP FAST

These are all signs you or your mates have overdone it.

STAY OK

stayok.nsw.gov.au



OVERHEATED?
STIFF MUSCLES?
JAW CLENCHING?
CONFUSED?
DIFFICULTY WALKING?
REALLY ANXIOUS?

## GETHELP FAST

These are all signs you or your mates have overdone it.

STAY OK

stayok.nsw.gov.au

