Overheated?
Stiff muscles?
Jaw clenching?
Confused?
Difficulty walking?
Really anxious?

## GETHELP FAST

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



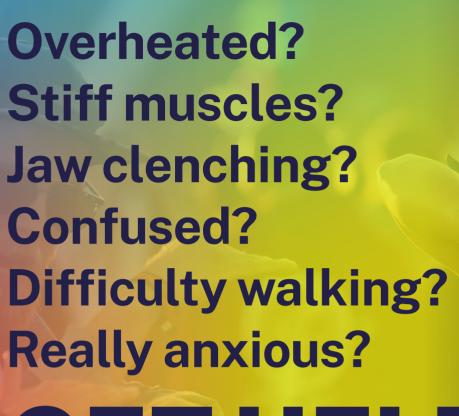


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## STAY

stayok.nsw.gov.au

