COUNTY OF LOS ANGELES
Public Health

JONATHAN E. FIELDING, M.D., M.P.H.
Director and Health Officer

JONATHAN E. FREEDMAN
Chief Deputy Director

313 North Figueroa Street, Room 806
Los Angeles, California 90012
TEL (213) 240-8117 • FAX (213) 975-1273

www.lapublichealth.lacounty.gov

BOARD OF SUPERVISORS

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November 5, 2010

TO: Each Supervisor

FROM: Jonathan E. Fielding, M.D., M.P.H. JE Fielding MD
Director and Health Officer

SUBJECT: **REPORT ON RAVE MOTION**

On July 6, 2010, on a motion by Supervisors Yaroslavsky and Knabe (Attachment 1) the departments of Public Health and Health Services were instructed to convene a task force consisting of appropriate representatives from cities, law enforcement agencies, hospitals, the County's Emergency Medical Services and Public Health Commissions, and community health providers to develop countywide recommendations to enhance the public safety of electronic music festivals (or raves) and similar events. In addition, the motion instructed the task force to consider the feasibility of a public education effort to raise awareness about the potential dangers of rave parties and how participants can protect themselves. Finally, the motion requested that a report with findings and recommendations should be provided to the Board within 120 days.

TASK FORCE

On August 11, 2010, the first task force meeting was convened with representatives (Attachment 2) from the following agencies: the Department of Public Health (DPH), the Department of Health Services (DHS), the Los Angeles Police Department (LAPD), the Los Angeles Fire Department (LAFD), the Los Angeles County Sheriff's Department (LASD), the Coliseum Commission, and numerous representatives from other organizations. Based on discussion at the meeting, the following four workgroups were created: Harm Reduction, Medical Response, Public Education, and Site Safety. Three subcommittees (Capacity, Narcotics & Search, and Communications) were established from the Site Safety Workgroup. DPH facilitated the Harm Reduction and Public Education workgroups. DHS facilitated the Medical Response workgroup and assisted LAPD in the facilitation of the Site Safety Workgroup. A list of preliminary recommendations was established and compiled from each

workgroup. On October 13, 2010, the task force convened to review and comment on draft final recommendations (Attachment 3). Most of these draft recommendations were enforced at the two electronic music festivals at the Sports Arena and Exposition Park that have occurred since the Board directed the formation of the Rave Task Force.

RECENT RAVES

DPH and DHS have been involved in the planning of two electronic music festivals held at the Los Angeles Sports Arena and Exposition Park: the LA Love Festival (held on August 21, 2010) and Monster Massive (held on October 23, 2010). Staff from DPH's Substance Abuse Prevention and Control (SAPC) and from two SAPC community-based providers (San Fernando Valley Partnership, and Asian American Drug Abuse Programs, Inc.) attended both events where they distributed information on the signs and symptoms of ecstasy use, including an ecstasy "harm reduction" card (Attachment 4) targeted towards attendees. DPH worked with members of the electronic music industry to create this card, and has received many positives responses from the public. SAPC staff also briefed security personnel at both events on the signs and symptoms of ecstasy use and overdose and ensured that DPH approved educational and electronic messaging was posted throughout the venue. Staff from DHS's Emergency Medical Services Agency and Medical Alert Center provided medical services support at both events. All agencies involved with the events ensured that the recommendations implemented at the event were appropriate and effective.

Currently, DPH is working with event promoters and electronic music talents to develop a public service announcement (PSA) to highlight the dangers of ecstasy and overdose, collaborating with LAPD in the testing and reporting of seized suspected ecstasy pills from these events, and also abstracting and analyzing data from those attendees that were transported from these events for medical reasons. The PSA will include harm reduction messages by major electronic music talents, including Kaskade and Will.I.Am. DPH will encourage promoters to broadcast the PSA at the event and online through their websites and other relevant social networking sites, and will work to get online ticket outlets to show the PSA at the point of purchase.

Statistics gathered from the LA Love Festival and Monster Massive showed that no deaths resulted from either event, and there were far fewer hospitalizations than reported at the Electric Daisy Carnival. However, it must be taken into consideration that these two events were much smaller in size (5,000 attendees for LA Love Festival and 20,000 attendees for Monster Massive) than the Electric Daisy Carnival (161,000 attendees over two days).

RECOMMENDATIONS

DPH and DHS plans to widely disseminate these recommendations, subject to Board concurrence, to promoters and site sponsors of these electronic music festivals. Over the next 12 months, DPH and DHS will work with promoters and also local law enforcement and public safety agencies to assess compliance with the recommendations at other rave events and identify possible future improvements in safety.

We recommend that your Board adopt these recommendations as general policy direction for all electronic music festivals in Los Angeles County within your jurisdiction, and encourage adoption of the recommendations by all promoters and sponsoring entities within Los Angeles County, whether these events take place at public or private venues.

Please let me know if you have any questions or would like additional information.

JEF:bl

Attachments

c: Chief Executive Officer
County Counsel
Executive Officer, Board of Supervisors

PROPOSED FINAL RECOMMENDATIONS FOR ALL FUTURE RAVES AND ELECTRONIC MUSIC EVENTS

Venue Related Recommendations:

1. All events to be planned and managed using the Incident Command System (ICS) and the National Incident Management System (NIMS) Model.[ii,v]
2. Determine the threat assessment of each event and develop an Event Action Plan (EAP) to address safety, medical and health issues.[ii,v]
3. Complete an after action report following each event.
4. Attendance to be limited to individuals 18+ years old, where the venue is responsible for enforcing strict identification and age checks at all entrances to the event (including the use of automated age-checking equipment).[i,ii,iii]
5. Recommend developing a policy to enforce the 18+ age limit and conclude the music performances no later than 02:00 AM at all electronic music festivals in Los Angeles County, including un-incorporated areas.[ii]
6. Limit capacity to approved space requirements determined by the jurisdictional fire department[ii]
    a. Determine occupant loads for stadium/arena areas and open areas
    b. Assure emergency egress from interior of the event venue i.e., no excess density in interior routes needed for emergency medical and public safety.
7. Allowable hours and duration of event:[ii,iii]
    a. Conclude music sets/performances no later than 02:00 AM
    b. Cease alcohol sales at least 30 minutes before the scheduled conclusion of the last music set/performance (excluding cool down time)
    c. Allow attendees to remain in the venue for at least 60 minutes after the scheduled conclusion of the event for a cool down/sober up period with soft music, house lights on, and food/non-alcoholic beverages available
8. Require appropriate stage protection and security (e.g., concert barricade, standard security compound) as determined by public safety and security personnel.[ii]
9. Require appropriate perimeter fencing (to prevent fence jumpers and gate crashers, and for the safety of attendees) as determined by public safety personnel.[ii]
10. Require appropriate interior fencing (e.g., to separate General Admission, seating, and VIP areas) as determined by public safety and security personnel.[ii]
11. Remove (and arrest) any fence jumpers or gate crashers.[ii]
12. Ensure access to safe transportation (e.g., taxicab service or parental pick-up) for attendees leaving the venue due to substance use intoxication or invalid identification.[iii]

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Safety and Law Enforcement Related Recommendations:

1. Recommend placing an "amnesty box" (contracted for by the promoter or venue) at locations near admission/entrance for discarding any illegal drugs or weapons.[ii]
2. Require thorough searches (and wanding) of all individuals and their bags entering the venue to limit illegal narcotics and weapons.[ii]
3. No backpacks or large purses; items attendee may bring limited to a jacket, and a single bag or purse, not to exceed 8" x 8".[ii]
4. Recommend law enforcement and searches outside and inside the venue, targeting sales of illegal drugs.[ii]
5. Recommend DUI Sobriety Checkpoints to be conducted and prioritized over ease of exit. Include signage on DUI Checkpoints and/or the importance of identifying a designated driver.[iii]
6. Recommend providing messaging to encourage attendees who are feeling sick or intoxicated (or whose friends are feeling sick or intoxicated) to ask law enforcement or medical staff for help without fear of being arrested.[iii]
7. Require an appropriate ratio of law enforcement to private security based on the venue and threat assessment of the event.[ii]
8. Recommend monitoring of Twitter and other relevant social networking sites to maintain awareness of potential threats to safety and health.[iii]
9. Ensure that public safety and medical personnel have compatible communication equipment, including full head gear for all public safety supervisors inside the venue.[ii,v]
10. Establish conditions and a plan where the promoter in conjunction with public safety and medical personnel can announce or play pre-recorded messages on safety or health issues to the attendees.[ii,iii,iv]

Alcohol Related Recommendations:

1. Require use of easily identifiable plastic/vinyl wristbands for those attendees aged 21 and older.[iii]
2. Ensure that the facility and any concessionaires have current and valid ABC licenses, abide by ABC operation conditions, and must petition for a conditional license to add conditions.[ii]
3. Restrict alcohol consumption to certain locations only (e.g., no alcohol in parking lots unless venue has a special event permit).[ii,iii]
4. Restrict the number of alcohol sales points.[iii]

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Education Related Recommendations:

1. Develop a public service announcement regarding the dangers of drugs – and especially ecstasy – that can be viewed by every ticket purchaser and attendee, and is displayed on the event promoter's website.[i,iv]
2. Require promoter's website to display information on the health effects (including symptoms requiring medical aid) of ecstasy and other illegal drugs commonly associated with electronic music events.[iv]
3. Provide educational/harm reduction materials and information to the attendees at the venue.[iii,iv]
4. Increase the effectiveness and visibility of warnings about illegal drug use outside and inside the facility, electronically and through signage.[i,iii,iv]
5. Require event hired private security personnel to undergo training prior to each event regarding the detection of drug use in patrons, identification of drug paraphernalia, and safety procedures for overdose cases.[i,iii,iv]
6. Compile law enforcement, safety, medical, and event related data for analysis and comparison, and complete an after action review (AAR) following the event to address major issues.[iv,v]
7. Coordination between law enforcement/security and Department of Public Health to test seized suspected illegal substances from electronic music events, and present results for educational purposes.[iii,iv]

Health Related Recommendations:

1. To minimize health issues related to weather conditions and possible drug use/misuse, ensure working water fountains and/or free water distribution sites in close proximity to each stage, and require that water and electrolyte beverages/sports drinks are widely available and their locations clearly identified. Use roaming vendors to make water and electrolyte beverages/sports drinks more easily accessible throughout the venue and especially at crowded stages.[i,iii]
2. Require key event staff, vendors and servers to be briefed on signs and symptoms of drug overdose and heat related problems.[iii,v]
3. Recommend that earplugs are available at entrances and/or first aid stations at no-cost.[iii]

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Emergency Medical Services Related Recommendations:

1. Require clearly marked signage in multiple key locations regarding location of easily accessible medical services on site.[i,v]
2. Deploy additional (and easily identifiable) roaming medical teams of paramedics or EMTs throughout the venue as determined by the threat assessment.[i]
3. Recommend an additional first aid station and/or on-site physician and nurse (to coordinate with the fire department and private ambulance provider in the planning process and during the event), in addition to appropriate event medical support (so that problems not requiring hospital emergency care are attended to and participants are provided appropriate treatment/support) as determined by the threat assessment.[i,v]
4. Ensure early notification of events to the Emergency Medical Services (EMS) Agency, Medical Alert Center (MAC), and local hospitals.[v]
5. The Department of Health Services will develop a pre-hospital policy addressing electronic music festivals and the interface with Emergency Medical Services.[v]

Recommendations to the Board of Supervisors:

1. The Board of Supervisors will adopt the above recommendations as general policy direction for all electronic music festivals in Los Angeles County within their jurisdiction, whether these events take place at private or public venues.
2. The Board of Supervisors will encourage adoption of the above recommendations by all promoters and sponsoring entities within Los Angeles County, whether these events take place at private or public venues.

[i]Recommendations from the Coliseum Commission
[ii]Recommendations from the Site Safety Workgroup
[iii]Recommendations from the Harm Reduction Workgroup
[iv]Recommendations from the Public Education Workgroup
[v]Recommendations from the Medical Response Workgroup

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AGN. NO.____

MOTION BY SUPERVISORS ZEV YAROSLAVSKY AND DON KNABE

July 6, 2010

Last weekend's Electric Daisy Carnival at Exposition Park and Memorial Coliseum sent numerous youths and adults to hospital emergency departments, primarily to be treated for drug intoxication. Tragically, one teenager who reportedly attended the event died from an apparent drug overdose.

Musical events like the Electric Daisy Carnival, commonly known as "raves," tend to be held over a long periods of time - sometimes days – in large venues on both public and private property. While the Coliseum Commission has taken steps to temporarily stop these events from being held on its property, the County must work with other key community stakeholders to look to the larger public health risks posed by raves and other similar events, regardless of whether they are held at public or private venues. Issues to be considered include educating potential ravers about how to avoid risks if they choose to attend these events, and/or restricting the location, hours, size and manner in which these events can legally be held.

WE, THEREFORE, MOVE that the Board of Supervisors instruct the Departments of Health Services and Public Health to convene a task force consisting of appropriate representatives from local cities, law enforcement agencies, hospitals, the

MOTION

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YAROSLAVSKY _____

KNABE _____

ANTONOVICH _____

MOLINA _____

County's Emergency Medical Services and Public Health Commissions, and community health providers to identify the extent of the public health concerns associated with rave parties. The task force should develop countywide recommendations to enhance rave safety by mandating that rave promoters and sponsors incorporate public health recommendations into their event planning, for example by requiring the use of private emergency medical staff. The task force should also consider the feasibility of a public education effort to raise awareness about the potential dangers of rave parties and how participants can protect themselves. The task force should provide a report to the Board with its findings and recommendations within 120 days.

CK S:\Motions\Rave Task Force, joint

DEPARTMENT OF PUBLIC HEALTH INVITEE LIST							
CATEGORY	NAME	ORGANIZATION	TITLE	PHONE/ MOBILE #	E-MAIL	Attended 8/11/10	Requested Workgroup
Public Health	Fielding, Jonathon	Department of Public Health (DPH)	Director and Health Officer, Department of Public Health	213-240-8117	jfielding@ph.lacounty.gov	Yes	
Public Health	Viernes Jr., John	Department of Public Health (DPH)	Director, DPH, Substance Abuse Prevention & Control	626-299-4595	jviernes@ph.lacounty.gov	Yes	
Public Health	Lee, Ben	Department of Public Health (DPH)	Special Assistant to the Director, DPH-SAPC	626-299-3245	belee@ph.lacounty.gov	Yes	Public Education Harm Reduction
Public Health	Gibson, Michelle	Department of Public Health (DPH)	Prevention & Youth Services Coordinator, DPH-SAPC	626-299-3244	migibson@ph.lacounty.gov	Yes	Public Education Harm Reduction
Public Health	Rodriguez, Rose Anne	Department of Public Health (DPH)		213-240-8046	rosrodriguez@ph.lacounty.gov	Yes	
Public Health	Kissell, Sarah	Department of Public Health (DPH)	Public Information Officer	213-989-7183	skissell@ph.lacounty.gov	Yes	
Emergency	Bowman, Mike	Los Angeles Fire Department (LAFD)	Public Safety Commander and	213-978-3599 661-618-7469	Michael.Bowman@lacity.org	No	
Emergency	Frelinger, David	Los Angeles Fire Department (LAFD)	Battalion Chief	213-925-6233 213-978-3742	David.Frelinger@lacity.org	Yes	
Emergency	Douglass, Keith	Los Angeles Fire Department (LAFD)	Captain/Paramedic	213-978-3752	keith.douglass@lacity.org	Yes	Medical Response
Law Enforcement	Delgado, Mark	CCJCC		213-974-8398	mdelgado@ccjcc.lacounty.gov	No	
Law Enforcement	Gannon, Patrick	Los Angeles Police Department (LAPD)	Deputy Chief	213-359-5689	gannonp@lapd.lacity.org	Yes	Site Safety
Law Enforcement	Green, Bob	Los Angeles Police Department (LAPD)	Commander	213-440-0569	greenr@lapd.lacity.org	No	
Law Enforcement	Laing, Thomas	Sheriff's Department		323-526-5712	tmlaing@lasd.org	No	
Law Enforcement	Claus, Michael	Sheriff's Department		626-934-3005	mrclaus@lasd.org	Yes	
Law Enforcement	McDonald, Tom	Los Angeles Police Department (LAPD)	Captain, Emergency Operations Division	213-864-8234	24144@lapd.lacity.org	Yes	Site Safety
Law Enforcement	Montgomery, Mike	Los Angeles Police Department (LAPD)	Captain	562-500-5332	22047@lapd.lacity.org	No	
Law Enforcement	Smith, Andrew	Los Angeles Police Department (LAPD)	Commander	310-977-7553 /213-473-0277	andrewj.smith@lapd.lacity.org	Yes	Site Safety
Law Enforcement	Sonoff, Thomas W.	Signal Hill Police Department	Chief of Police	562-989-7208	tsonoff@cityofsignalhill.org	Yes	Site Safety
Events	Rotella, Pasquale	Insomniac	Owner/Promoter	310-200-5519	pasquale@insomniac.com	Yes	Site Safety
Events	Gerami, Reza	Go Ventures	Owner/Promoter	818-422-8585	reza@goventures.com	Yes	Public Education Site Safety

Events	Gonzales, Owen	Ones We Love	Promoter	714-658-1033	owen@owlent.com	Yes	
Events	Munoz, Jaime	Ones We Love	Promoter	714-235-4254		Yes	
Events	Fei-fei Wang		Musician	213-453-9927	info@djfei-fei.com	Yes	Public Education
Events	Sukimoto, Roy	CSC (Security)		213-725-3181	roys@csc-usa.com	Yes	
Events	DeStefano, Todd	LA Memorial Colisium (LAMC)	Events Coordinator	213-765-6368	tdestefano@lacoliseum.com	No	
Events	Habash, Lynda	LA Memorial Colisium (LAMC)	LAMC Staff	213-765-6344	lhabash@lacoliseum.com	Yes	Site Safety
AOD Field	Melena, Albert	San Fernando Valley Partnership	Executive Director	818-837-7767	amelena@sfvp.org	Yes	Public Education Harm Reduction
AOD Field	Miotto, Karen	UCLA-ISAP		310-267-2792	kmiotto@mednet.ucla.edu	No	
AOD Field	Rawson, Richard	UCLA-ISAP		310-267-5311	rrawson@mednet.ucla.edu	Yes	Public Education Harm Reduction
AOD Field	Salao, Will	Alcohol & Beverage Control (ABC)	District Administrator	213-833-6088	will.salao@abc.ca.gov	Yes	
AOD Field	Shimatsu, Jeanne	Asian American Drug Abuse Program (AADAP)	Prevention Coordinator	323-293-6284	jshimatsu@aadapinc.org	Yes	Public Education Harm Reduction
AOD Field	Hwang, Hyobin	Asian American Drug Abuse Program (AADAP)	Community Organizer	323-293-6284	hhwang@aadapinc.org	Yes	
Youth Expert	Cruz, Jose	Youth from Area		323-542-5849	cruzjose26@yahoo.com	Yes	Public Education Site Safety
Youth Expert	Payer, Doris	UCLA		323-420-6092	dpayer@mednet.ucla.edu	Yes	Public Education Harm Reduction
Coliseum Commission	Miller,Skip	Miller Barondess, LLP		310-552-5251	smiller@millerbarondess.com	No	
Coliseum Commission	Miller, Jim	Miller Barondess, LLP		310-552-5278	jmiller@millerbarondess.com	Yes	
Coliseum Commission	Lynch, Patrick T.	Colisium Commission		213-747-2279	plynch@lacoliseum.com	Yes	
Coliseum Commission	Stanley, Jerome	Colisium Commission		310-670-9400	adjstanley@aol.com	Yes	
Coliseum Commission	Sappell, Joel	Zev Yaroslavsky's Office		213-974-3333	JSappell@bos.lacounty.gov	Yes	
Other Expert	Boyer, Ron	Topanga Christian Fellowship	Pastor/Therapist	310-795-0585	ron@ronboyer.com	Yes	Harm Reduction
Other Expert	Vincent, Ray	LACOE			Vincent_Ray@lacoe.edu	No	Public Education
Other Expert	Boykins, Terri	Department of Mental Health			tboykins@dmh.lacounty.gov	Yes	Harm Reduction
Other Expert	Glazer, Joshua	Urb Magazine	Editor In Chief	323-848-7100	josh@urb.com	No	Public Education Harm Reduction
Other Expert	Forkish, Jennifer	Englander Knabe & Allen			Jennifer@englanderpr.com	No	Site Safety

KEY: Not on original invite list, likely attending on behalf or at the request of an invitee

DEPARTMENT OF HEALTH SERVICES INVITEE LIST

CATEGORY	NAME	ORGANIZATION	TITLE	PHONE/ MOBILE #	E-MAIL	Attended 8/11/10	Workgroup
Health Services	Chidester, Cathy	Department of Health Services Emergency Medical Services	Director, DHS-EMS	562-347-1604	cchidester@dhs.lacounty.gov	Yes	
Health Services	Raby, Stephanie	Department of Health Services Emergency Medical Services		562- 347-1510	sraby@dhs.lacounty.gov	Yes	Medical Response
Health Services	Fruihwirth, Kay	Department of Health Services Emergency Medical Services		562-347-1602	kfruhwirth@dhs.lacounty.gov	Yes	
Health Services	Koenig, Bill	Department of Health Services Emergency Medical Services		560-347-1600	wkoenig@dhs.lacounty.gov	Yes	
Health Services	Stanley, Glen	Department of Health Services Emergency Medical Services		562-946-7116	gstanley@lasd.lacounty.gov	Yes	
Health Services	Vishwanath, Anita	Department of Health Services Emergency Medical Services		626-376-5049	anitavishwanath@gmail.com	Yes	Medical Response
Emergency	Aragon, Robert	Private Ambulance Association	President	310-567-0656	Robertaragon@medreachambulance.com	No	
Emergency	Costa, Kevin	Emergency Medical Services	Battalion Chief	626-744-4745	Kcosta@cityofpasadena.net	Yes	Medical Response
Emergency	Eastman, Jeff	California Fire Association	Chief	661-269-2142	Jeff.Eastman@culvercity.org	No	
Emergency	Peaks, Millage	Los Angeles Fire Department (LAFD)	Chief	213-978-3800	lafdfirechief@lacity.org	No	
Emergency	Rodriguez, Alex	LA Area Fire Chiefs Association	President	562- 944-9713	AlexCRodriguez@santafesprings.org	No	
Emergency	White, Scott	Ambulance Association	President	661-945-9312	scottwhite@amr-ems.com	No	
Hospital	Clute, Jerry	California Hospital Medical Center	Chief Executive Officer	213-742-5623	Jerry.clute@chu.edu	No	
Hospital	Garcia, Jaime	Hospital Association of Southern CA	Regional Vice President	213-538-0702	jgarcia@hasc.org	Yes	Medical Response
Hospital	Grange, Jeffrey	Loma Linda Hopsital Medical Center	Emergency Physician	909-558-4000	jeffgrange@earthlink.net	Yes	Medical Response Site Safety
Hospital	Leeka, Andrew	Good Samaritan Hospital	Chief Executive Officer	213-482-2779	Aleeka@goodsam.org	No	
Hospital	Dalessio, Marylyn	Good Samaritan Hospital		310-991-0713	mdalessio@goodsam.org	Yes	
Hospital	Fagan, Phil	Good Samaritan Hospital		310-678-7647	pfaganmd@aol.com	Yes	
Hospital	Quan, Jennifer	Regional Public Affairs	Manager	626-786-5142	Jquan@cacities.org	No	
Hospital	Zachary, Beth	White Memorial Hospital	Chief Executive Officer	323-268-5000 ext.5711	zacharbd@ah.org	No	
Law Enforcement	Pickwith, Scott	Los Angeles Police Association	Chief of Police	909-596-1913	spickwith@lvpd.org	No	

Safety	Not Identified	Cal OSHA	Not Identified			N/A	
Emergency	Austin, David	LACEMSC	LACEMSC	626-633-4764	dave_austin@amr-ems.com	Yes	Medical Response Site Safety
Emergency	Mosock, Ray	LACOEMS	LACOEMS	626-570-5192	rmosack@alhambrafire.org	Yes	Site Safety
Emergency	Beall, Bobby	AMR	AMR	661-917-0718	Bobby.Beall@AMR.net	Yes	Medical Response Site Safety
Emergency	Lilly, David	American Medical Response	AMR	818-335-8515	david.lilly@emsc.net	Yes	All Groups
Emergency	Hill, Michael	AMR	AMR	661-964-6321	mhill@amr-ems.com	Yes	Medical Response Site Safety
Emergency	Kendall, Holly	Symons Ambulance		909-838-2052	Hkendau@symonsAmbulanc	Yes	Medical Response
Emergency	Futernick, Marc	Medreach Inc.	HASC/CHMC	213-742-5514	marc.futernick@chw.edu	Yes	Medical Response
Emergency	Watts, Francisco		MEDREACH, Inc.	310-567-0340	Frankwatts@medreachambu	Yes	Medical Response
Emergency	Meeker, Dani	WMMC Hospital		323-268-5000 X3020	meekerdi@ah.org	Yes	
Emergency	Brian Johnston	LACO Med. Assoc.		310-916-6411	drbrianjohnston@earthlink.ne	Yes	

KEY: Not on original invite list, likely attending on behalf or at the request of an invitee

Other Attendees - Are these HS Invitees?

CATEGORY	NAME	ORGANIZATION	TITLE	PHONE/ MOBILE #	E-MAIL	Attended 8/11/10	Workgroup
LAFD	Scott Miller			818-778-4939	scott.l.miller@lacity.org	Yes	Site Safety
Unknown	WJ Stanley	Unknown		310-892-0019	adjstanley@aol.com	Yes	
LAPD	Sgt. J. Barlow			213-847-5800		Yes	

ECSTASY (3,4-methylenedioxymethamphetamine - MDMA)

Think it through and **KNOW THE FACTS** so you and your friends can make **INFORMED DECISIONS** and **STAY SAFE** together.

WHAT IS ECSTASY?

Ecstasy (E, X, XTC, rolls, thizz) is an **illegal** synthetic **amphetamine (stimulant).** Ecstasy pills usually contain 80-125 mg of MDMA, but can **vary widely** in strength and purity (from 0-180 mg of MDMA). Since ecstasy is not regulated, and is often cut with other substances or more dangerous drugs, **you can never be sure** what you're really getting.

WHAT ARE THE EFFECTS?

→ **Effects felt within** 20-40 minutes, peak within 1-1 ½ hours, and subside after 3-5 hours and **may** include elevated mood and energy, enhanced sensations, and a sense of emotional connectedness.

→ **Ecstasy also** increases heart rate, blood pressure, body temperature, and muscle tension (like teeth grinding).

→ **After-effects** (week or longer) can include depression, anxiety, irritability, muscle fatigue, insomnia, and difficulty concentrating.

→ It may take your body several weeks or more to completely recuperate.

→ Most medical emergencies or deaths are from **heart problems** or complications from hyperthermia (**increased body temperature**) and hyponatremia (**electrolyte imbalance from drinking too much water too fast**).

→ Repeated or high-dose use (stacking) can have **long-term consequences**, including impaired memory, and brain or liver damage.

→ **Escalating use** to re-experience the same effect may mean you're developing tolerance or becoming **addicted**.

ECSTASY (3,4-methylenedioxymethamphetamine - MDMA)

HOW TO MINIMIZE POTENTIAL HARMS

→ **Take frequent breaks** – Let your body cool and rest.

→ **Stay hydrated** – Sip or take small gulps of water (to **help cool your body**) and non-caffeinated sports-drinks like Gatorade (to **replenish electrolytes**). Alcohol and caffeine dehydrates the body.

→ **Don't mix** – Taking ecstasy with other substances (**especially alcohol or other stimulants**) can increase the risks, and lead to potentially dangerous interactions.

→ **Recognize overdoses** – Signs include extreme headaches, nausea, confusion, blurred vision, inability to talk, racing heart, vomiting, fainting, muscle tremors, and convulsions. **Seek medical help** if you or your friends experience even just one sign.

→ **Keep an eye on your friends – stay together.**

→ **Don't drive** – Ecstasy affects physical and mental functioning (like vision, reaction time, and judgment).

→ **Aim low (dose AND frequency)** – Ecstasy risks increase with larger doses (stacking) and re-dosing when you start to come down.

→ **Stay away** – The only way to completely avoid the risks is to avoid the drug, enjoy the music and dancing instead.

→ **Educate yourself & your friends** – The best decision is a well-informed one.

County of Los Angeles
Public Health