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**STAY SAFE AT FESTIVALS THIS SUMMER**

With the music festival season starting, the AMA has reminded patrons to drink plenty of water, seek out shade, and look out for their friends while having a great time.

AMA President, Dr Michael Gannon, said today that the combination of hot weather and a party atmosphere could lead to trouble for some people.

“We all love getting together with friends, listening to great music, and having some fun,” Dr Gannon said.

“But sometimes, things can go wrong. It’s easy to overindulge, overheat, or dehydrate.

“Festival organisers should ensure that partygoers have access to free drinking water, shade, first aid services, and quiet areas where patrons to relax when they need a break.”

Dr Gannon said that festival attendees had a role to play in ensuring their own safety, and that of the people around them.

“Taking illicit substances is illegal and dangerous, and tragically we have seen deaths and hospitalisations at festivals in previous years,” Dr Gannon said.

“Avoid risky behaviour, and drink plenty of water. Drinking too much alcohol is never a good idea, and it can be particularly bad for your health if you’re spending long hours standing in the sun on a hot day.

“Wear sunscreen, a hat, and sensible footwear, and keep an eye on the weather. And keep an eye out for your friends, to make sure they are not putting themselves in harm’s way.”

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