**Care Advice after Drink Spiking**

If you suspect you have been spiked, please consider the following recommendations:

* Stay with a responsible adult for 24 hours
* Stay hydrated with water 2 litres a day
* Avoid Alcohol and caffeinated drinks for 48 hours
* Go to ED if you feel drowsy or odd behaviour, any other symptoms phone 111 anytime
* Inform Junior Deans of the incident, and a urine test which should be done within 12 hours of incident can be done.

Reporting the incident:

Contact the police - you can do this online or ring 101

<https://www.thamesvalley.police.uk/ro/report/report-spiking/v1/report-spiking/>

* Ring Crimestoppers if you want to report this anonymously 0800 555 111
* If you can, do a urine test within 24 hours of the incident either at the college or at the police station. Police can test up to 7 days after the incident.
* If you believe you have been needle spiked then you must go to Emergency Department at the hospital to see if you need a Hepatitis booster injection.
* If you believe you have been a victim of a sexual assault do contact the police and the sexual assault centre SARC.

supportservice@admin.ox.ac.uk

<https://www.ox.ac.uk/students/welfare/supportservice>

Supporting yourself:

* You may feel you need counselling after being spiked, to talk through the feelings that this experience has raised. Do contact the university counselling service who are available to support you non judgementally: <https://www.ox.ac.uk/students/welfare/counselling>
* See your college nurse for a confidential support session

For more information on spiking:

<https://www.thamesvalley.police.uk/advice/advice-and-information/spiking-advice/spiking/what-is-spiking/>