

ALCOHOL POISONING

Signs and symptoms:

- The person may be unconscious and cannot be awakened
- They may have cold, clammy, unusually pale or bluish skin
- Their breathing may be slow or irregular
 - Less than eight times a minute
 - Or ten seconds or more between any two breaths
- They may vomit while passed out and not wake up during or after

How you can help?



If you encounter a person who exhibits one or more of the signs and symptoms CALL 911. Do what you would do in any medical emergency—call immediately



While waiting for 911 emergency transport:

- Stay with the person until medical help arrives.
- Watch their breathing
- In case of vomiting, gently turn the intoxicated person on his/her side to avoid choking. CAUTION-You would not want to move the person if there is ANY chance of head or neck injury.
- Do not administer any food, drink, or medicine- including vitamins or aspirin- which may cause stomach distress.

ALCOHOL FACTS

1. A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor (either straight or in a mixed drink) or 5 ounces of wine.
2. A recent survey of more than 44,000 college students shows that most students drink little or no alcohol on a weekly basis.
3. If you have to drink increasingly larger amounts of alcohol to get a “buzz” or get “high,” you are developing tolerance. This increases your vulnerability to many serious problems, including alcoholism.
4. It takes about 3 hours to eliminate the alcohol content of two drinks, depending on your weight. Nothing can speed up this process- not even coffee or cold showers.
5. Drinking impairs your judgment, which increases the likelihood that you will do something you’ll later regret such as having unprotected sex, being involved in date rape, damaging property, or being victimized by others.



Look out for the safety of your friends!

Brought to you by the Health & Wellness Center
Located in the Carriage House