

ALCOHOL POISONING

If you are concerned

CALL 911

Danger!



- Are they unconscious?
- Vomiting while sleeping or passed out
 - Not waking up after vomiting
- Pale or bluish skin; skin is cold or clammy
- Breathing irregularly with a few breaths and then nothing for a while
 - Breathing is slow or shallow
 - Less than 8 breaths a minute
- More than 10 seconds in between breaths

Get Help



- Slurred speech • Confusion
- Erratic/Belligerent behavior
- Low body temperature • Drawn out vomiting
- Repetition of phrases/words • Stumbling
- Inability to support one's self while standing
 - Lack of coordination • Pale skin
- Inability to sustain conversation and focus
 - Disorientation to location and time
 - Loss of consciousness and memory

Be Smart



- Consider not drinking
- Determine a drinking limit and stick to it
- Eat before and while you are drinking
 - Space your drinks over time
- Alternate alcoholic and non-alcoholic drinks
- Avoid consuming shots • Avoid drinking games
 - Avoid letting others get you a drink
 - Keep track of how much you drink
- Use a "buddy system" with your friends
 - Experiment with drinking less

KNOW THE SIGNS. MAKE THE CALL. SAVE A LIFE.