

ALCOHOL POISONING IS A MEDICAL EMERGENCY

Signs of alcohol poisoning:

- Choking and/or persistent vomiting
- Irregular breathing
 - Fewer than 12 breaths per minute
 - No breathing for 10 seconds or more
 - Slow or shallow breathing
- Skin is cold, clammy or bluish
- Your friend won't wake up
- Seizures

If you notice any of the above signs CALL FOR HELP

911

What to do:

- Stay with your friend until help arrives
- Turn your friend on his or her side
- Monitor their breathing closely

- Leave your friend alone or put them to bed to "sleep it off"
- Let your friend drive or ride a bike
- Give your friend food, liquid, medicine or drugs

DO NOT:

Sobering up with cold showers, drinking black coffee, or walking it off does not work!

Resources:

www.bacchusnetwork.org
www.collegedrinkprevention.gov

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