

Alcohol Poisoning - It Can Happen! What You Need To Know!

Know the Facts

1. 1 in 3 18-24 year olds admitted to emergency rooms for serious injuries are found to be intoxicated.
2. Drinking impairs your judgment! Many people will say or do things they normally wouldn't do.
3. It takes approximately 3 hours (depending on your weight) to eliminate the alcohol content of 2 drinks.
4. Women process alcohol differently than men. If a female drinks the same amount as a male, the female will be more impaired.
5. Approximately one half of all fatal traffic crashes among 18-24 year olds involve alcohol.
6. If you have to drink more alcohol in order to get a "buzz," then you are developing a tolerance.
7. Coffee and cold showers do not speed up the sobering process of a person.

It Can Be Deadly!

If you think someone may be suffering from alcohol poisoning:

- Try to wake him/her (alcohol is a depressant and may slow the vital systems).
- Turn the person on his/her side. (Keep their airway open). Don't leave the person (only leave to call for help).
- Check his/her skin color and temperature. (If he/she is pale or their skin is cold and clammy, the person is not getting enough oxygen, they need immediate help).
- Check the person's breathing. (More than 10 seconds between breaths, call for help).
- If you find someone who appears to be highly intoxicated don't take a chance.

What Not to Do

NEVER put a drunk person in a cold shower. The shock of the cold water may cause him or her to become unconscious.

NEVER give a drunk person food, liquid or medicine in an attempt to sober him/her up. The person may vomit or choke, causing an airway blockage.

NEVER allow a drunk person to exercise. The person may injure him/herself.

NEVER laugh at, make fun of or tease an intoxicated person. Alcohol can make a person become violent.

NEVER allow intoxicated persons to drive a car or operate equipment. They will be putting their lives and the lives of others at risk.

NEVER allow intoxicated persons to walk home alone. They may become disoriented and not be able to find their way home. They are easy targets to become victims of crime and they may be struck by a vehicle.

- If a person is having a difficult time breathing
- Is vomiting
- Has passed out
- Is injured
- Has a fever or the chills, feels cold and is pale, sweaty, or bluish in color
- Is acting in a way that may cause harm to himself/herself or others
- Seems to be paranoid, confused or disoriented or is having difficulty speaking or standing

Call for help!!!