

KNOW THE SIGNS OF ALCOHOL OVERDOSE

LOOK FOR THESE SIGNS:

- Mental confusion, stupor, passing out
- Vomiting
- Seizures
- Slow breathing:
less than 8 breaths/min
- Irregular breathing:
more than 10 seconds between breaths
- Slow heart rate
- Dulled responses
- Clammy, pale, or bluish skin

ACT QUICKLY TO SAVE A LIFE!

- Call 911— Don't worry about getting into trouble!
- Don't wait! A person who has passed out can die.
- Don't play doctor! Cold shower/hot coffee could make things worse.
- If vomiting: lean the person forward to prevent choking
- If unconscious: roll the person on to 1 side
- Keep the person on the ground, partially upright—not in a chair
- Don't leave the person alone!

States with Good Samaritan Laws offer amnesty for giving life-saving measures.

WHAT IS BINGE DRINKING?



•4 or more drinks (female)



•5 or more drinks (male)

*On one occasion, generally within about 2 hours (Source: NIAAA)

A STANDARD DRINK IS:



12 oz BEER

OR



5 oz WINE

OR



1.5 oz distilled spirits or LIQUOR

12 oz Beer
(2nd from top line)

5 oz Wine
(2nd from bottom line)

1.5 oz Liquor
(bottom line)

1 CUP OF
JUNGLE
JUICE
= 5 OR 6
SHOTS