

SIGNS OF ALCOHOL POISONING

How to know when someone has had too much to drink and may be in danger

Did you know? Alcohol poisoning kills more than 2,200 people each year in the United States¹

CONFUSION

If the person does not know things, like where they are, what day it is, or what they are doing they may be experiencing alcohol poisoning.

SLOW BREATHING

<8 breaths per min or irregular breathing is a sign of alcohol poisoning.

VOMITING

If the person is vomiting, especially for long periods of time, or if they are dry heaving after having vomited the contents of their stomach it is likely a sign of alcohol poisoning.

LACK OF CONSCIOUSNESS

If the person is passing out, you cannot wake them up, or you cannot keep them awake this is a sign of alcohol poisoning.

LOW BODY TEMPERATURE

If the person has a low body temperature, and is showing signs of hypothermia, there is a good chance they have alcohol poisoning.

SEIZURES

If the person is seizing, or moving limbs uncontrollably, especially if they have passed out, they are experiencing alcohol poisoning.

Source: <https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm>

¹ cdc.gov

CALL 911 IF SOMEONE SHOWS SIGNS OF ALCOHOL POISONING

HOW TO PREVENT ALCOHOL POISONING

**SET A LIMIT
OF DRINKS &
COUNT HOW
MANY
DRINKS YOU
HAVE**

**EAT
SOMETHING
BEFORE
DRINKING**

**ALTERNATE
ALCOHOLIC
AND
NON-ALCOHOLIC
BEVERAGES**

**AVOID
DRINKING
GAMES &
PACE
YOURSELF**

**BE THE
DESIGNATED
DRIVER OR
CHOOSE NOT
TO DRINK**

**DON'T MIX
ALCOHOL
WITH DRUGS
(INCLUDING
CAFFEINE)**

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ALCOHOL POISONING**

HOW TO HELP SOMEONE WITH ALCOHOL POISONING

IMMEDIATELY CALL 911

The person may be having life threatening symptoms and only medical help can help. Tell the emergency responders how much they consumed and when.

KEEP THEM AWAKE

It is important they stay awake while you wait for help.

KEEP THEM SITTING UP

Alcohol poisoning can impair a person's gag reflex and they can choke on their own vomit so make sure they are not lying back.

ALWAYS KEEP SOMEONE WITH THEM

Always keep someone with them to keep them awake, sitting up, warm, and out of harms way.

KEEP THEM WARM IF THEY ARE COLD

If they are experiencing symptoms of hypothermia put blankets or layers on them to keep them warm.

DO NOT FORCE THEM TO EAT OR DRINK

This will not help them sober up and may lead to vomiting.

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COMMON MYTHS OF ALCOHOL POISONING

and what really happens

YOU CAN SLEEP OFF ALCOHOL POISONING

FALSE

The side effects of alcohol poisoning include vomiting and seizures, leaving someone to sleep can be life threatening.

FALSE

Blood Alcohol Content (BAC) can continue to rise after you stop drinking while the body metabolizes the alcohol. Water may help with dehydration but will not change the persons BAC. Coffee will only caffeinate the person.

BLACK COFFEE OR WATER HELPS SOBER YOU UP

A COLD SHOWER WILL MAKE YOU ALERT AND SOBER

FALSE

Alcohol poisoning can cause a person to have hypothermia and a cold shower will exasperate this. It does nothing to change the amount of alcohol in someones system.

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