

CAN YOU RECOGNIZE ALCOHOL POISONING?

SYMPTOMS

VOMITING
CONFUSION
BLUISH LIPS
SEIZURES



CAN INCLUDE:

TROUBLE BREATHING
CLAMMY + PALE SKIN
DIFFICULTY OR
INABILITY TO REMAIN
CONSCIOUS

TAKE ACTION

- ROLL THEM ON THEIR SIDE
- CALL 911
- DON'T LEAVE THEM ALONE
- DON'T GIVE FOOD OR FLUIDS
- BEGIN CPR IF HEART RATE STOPS

TIPS TO PREVENT ALCOHOL POISONING

STANDARD SIZE DRINKS

contain the same amount of alcohol.



Caution! Some drinks have a higher alcohol by volume (ABV) than others.



Don't drink on an empty stomach. Eat foods high in protein before, during and after drinking.



Pace yourself, alternate with water and keep track of how much you drink.



The liver typically processes one standard size drink per hour. Only time can sober you up.



Avoid drinking games and binge drinking. They increase your risk of alcohol poisoning.

WHAT IS BINGE DRINKING?



WOMEN: 4+ DRINKS



MEN: 5+ DRINKS



Higher Education Alcohol & Drug
STRATEGIC UNIFIED PREVENTION

WWW.ABC.VIRGINIA.GOV/HEADSUP