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.

| 12 OZ BEER | 5 OZ WINE | 1.5 OZ 80 PROOF LIQUOR |

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

HEADS UP
Higher Education Alcohol & Drug Strategic Unified Prevention
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