



Alcohol Poisoning

It's not a game

Identifying Alcohol Poisoning

Mental confusion, stupor, inability to wake up, coma	Hypothermia (low body temperature), bluish skin color, paleness
Vomiting	Clammy skin
Seizures	Dulled responses
Slow Breathing (fewer than 8 breaths per minute)	Slow heart rate or even cardiac arrest
Irregular Breathing (10 seconds or more between breaths)	

What can happen to someone with alcohol poisoning?

Alcohol acts as a depressant and hinders signals from the brain that control automatic responses such as a gag reflex. A person who drinks to the point of passing out is in danger of choking on vomit, which can lead to death by asphyxiation. Even if they survive, an alcohol overdose can cause long-lasting brain damage. A high enough blood alcohol concentration can even suppress vital life functions such as breathing. You can literally drink yourself to death.

What should I do if I suspect someone has alcohol poisoning?

Get help immediately. Someone who has passed out may die. CALL 911.

Never leave someone passed out alone. Wait until help arrives.

NEVER let them sleep it off. Their alcohol level can still rise.

Never walk them around. Sit them up and CALL 911.

Make the SIMPLE DECISION to save a life. Get help.



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