SIGNS OF ALCOHOL POISONING

You should call 911 if you see someone exhibiting behavior that might indicate alcohol poisoning. Symptoms may include any of the following:
- Cold, clammy, pale, or bluish skin
- Unconscious or unable to be roused
- Puking repeatedly or uncontrollably
- Slow or irregular breathing

After you call 911, place the person on his/her side with knees bent to prevent choking from vomiting. Do not leave that person alone!
**BEFORE THE PARTY**

» Eat a full meal to slow down the absorption rate of alcohol.
» Set a personal limit of how many drinks you will consume.
» Use the buddy system with your friends.
» Arrange a safe ride to the party and back home. Call Safe Ride at 541-346-RIDE

**AT THE PARTY**

» Keep an eye on your drink and your surroundings. Get a new one if you suspect it has been tampered with.
» Decrease your odds of a hangover, pace yourself and alternate your drinks with water.
» It takes your liver about 1 hour to eliminate alcoholic drink from your body.
» Avoid drinking from large containers of mixed drinks, such as jungle juice. With these drinks, it’s difficult to gauge how much alcohol you consume and can lead to too much drinking.
» Avoid drinking games. It’s hard to judge how much you are drinking.
» Skip the bubbles! Researchers have found that carbonated mixers increase the rate of absorption in the blood.

**AFTER THE PARTY**

» Watch out for your intoxicated friends!
» Make sure you and your friends have a safe ride home.
» Leave with the friends you came with.
» Drink water to counteract dehydration and to reduce feeling hungover the next day.
» Know the signs of alcohol poisoning, don’t be afraid to call 911 for help.

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**KNOW YOUR LINES**

*Each = one drink*

**BEER 12oz**

**WINE 4oz**

**LIQUOR 1oz**

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**WHAT IF SOMEONE DRANK TOO MUCH?**

» Don’t try to give the person a shower; it could lead to shock. CALL 911!
» Don’t leave an intoxicated person alone. Turn them onto their side to prevent choking while vomiting.
» Don’t help them walk or “sleep it off.” If the person cannot be awakened they need medical attention.
» Don’t try to give the person food or beverages; (including water or coffee) this could cause the person to choke.

Top Safe Party Tips are based on information provided by American College Health Association and the University of California Davis.