

# Center for Health Education and Wellness



## Alcohol Poisoning, First Aid



**Severe intoxication can be quite dangerous. Here are some basic guidelines to help you assess the scene and decide how to help a drunken person.**

**IF YOU'RE NOT SURE, BUT THINK HELP IS NEEDED, CALL! CALL FOR HELP IMMEDIATELY IF THE PERSON HAS SUSTAINED ANY KIND OF INJURY IN CONNECTION WITH DRINKING!**

### DO:

Assist the person to a comfortable and safe place.

Use a calm, strong voice; be firm; get help if needed.

Lay the person down on their side with knees bent so they won't choke if they vomit.

Check breathing every 15 minutes.

Stay with them if they vomit, to be sure that they don't swallow or breathe in the vomitus.

Keep the person from getting cold or overheated.

### DO NOT:

Do not give cold showers - the shock may make the person pass out.

Do not try to walk them around.

Do not provoke a fight by arguing with or laughing at someone who is drunk.

Do not leave them alone.

Do not try to counsel the person - confront their behavior later when they are sober.

Do not give anything to eat or drink - black coffee and food will not help, and the person may choke.

Do not permit the person to drive.

### Alcohol Poisoning Symptoms:

1. Person is unconscious or semiconscious and cannot be awakened.
2. Cold, clammy, pale or bluish skin.
3. Slow breathing, less than 8 per minute, or irregular, with more than 10 seconds between breaths.
4. Vomiting while "sleeping" or passed out, and not waking up after vomiting.
5. Person drank a large quantity in a short period then collapsed.

**GET HELP!**

**On Campus: x7777**

**Off Campus: 911**

### Hangover care:

There is no substitute for time. It takes as many hours as the number of drinks taken and can take 24 hours for the after effects of alcohol to wear off fully. *Rest and sleep usually help.* Drink non-alcoholic liquids like water, juice and soda and eat mild foods like broth, toast and jello (if your stomach will handle them).