

HOW TO CARE FOR SOMEONE WHO HAS HAD TOO MUCH TO DRINK

Alcohol is a factor in the lives of many students. While most understand the importance of drinking responsibly, situations can arise where people become very drunk. Would you know what to do in an alcohol-related emergency?

Call 911 if:

- They have cold, clammy or blue skin
- They are breathing fewer than 8 times/minute
- More than 10 seconds elapse between breaths
- You get no reaction to a pinch or to calling their name

- **Stay with them;** don't just prop them up on their side with a garbage can next to them.
- Don't give them food or aspirin or caffeine ; that could increase the risk of vomiting.
- Giving them caffeine will only result in a wide-awake, agitated drunk person.
- Don't put them in a cold shower. The shock may cause them to pass out, resulting in injury.
- Don't force them to exercise to burn off the alcohol, this could also cause injuries.
- Utilize the support of others.
- Don't be a bystander.

Know that time is the only thing that will sober the person up. And if you are afraid of getting into trouble for drinking, think of how much more trouble it will be if the person dies.