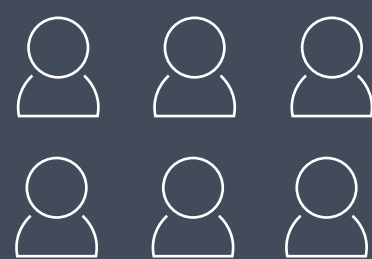




What Is Alcohol Poisoning?

Alcohol poisoning is the result of drinking too much in a short period of time. When the alcohol enters your bloodstream, parts of the brain that control vital body functions shut off.



6 Americans die from alcohol poisoning a day.

How Much Is A Standard Drink?



Drinking Responsibly

Use a designated driver or a transportation service such as Uber or Lyft. Never drink and drive!

Space out your drinks to 1 or less per hour, drinking water in between.

Stick to the buddy system: going out, the bathroom, and going home.

Recognizing The Signs

Any of the following symptoms may indicate alcohol poisoning.



trouble staying awake



vomiting



cold or pale skin



confusion



low body temperature



slow breathing

Seeking Medical Attention

Do the following if you suspect someone has alcohol poisoning:

- **Call 911** right away. Never assume that someone could sleep off alcohol poisoning.
- **Never leave** the person alone. Stay with them, and keep them awake.
- **Prevent choking** by turning the person on their side, and allow them to vomit.
- **Prepare to give** the paramedics any information you can about the person.