DON’T
LET 'EM
SLEEP
IT OFF!
“Passing Out” is a Sign of Alcohol Poisoning!

Some Other Signs of Alcohol Poisoning Include:

- Mental Confusion
- Cannot Be Woken/Roused
- Vomiting
- Seizures
- Slow Breathing (fewer than 8 breaths/min)
- Irregular Breathing (10+ sec. between breaths)
- Hypothermia (low body temperature)
- Blue-ish, cold, clammy skin
What should I Do If I Suspect Alcohol Poisoning?

- Do not wait for all symptoms to be present.
- Be aware that someone who has passed out may die without immediate attention.
- Place person in recovery position.
- Call 911 for help!
What should I **NOT** Do If I Suspect Alcohol Poisoning?

**DO NOT** make them drink coffee.

**DO NOT** make them take a cold shower.

**DO NOT** make them eat something.

**DO NOT** leave them unattended or let them "sleep it off".

These are myths that can do **more harm** than good!
Alcohol Poisoning Can Be Avoided!

- Limit consumption to 1 drink or less per hour.
- Avoid drinking games.
- Do not mix alcohol with medications or other drugs.
- Eat food before and during drinking.
- Alternate alcoholic and non-alcoholic beverages.
Don’t be afraid to seek medical help for a friend who has had too much to drink. Don’t worry that your friend may be mad at you or embarrassed. Owls Care enough to help! It’s always better to be safe than sorry!
The Recovery Position

Step 1
Raise the arm that is closest to you above their head. Prepare to roll them towards you.

Step 2
Gently roll them toward you, guarding their head from hitting the floor. The head should rest in front of the arm, not on it.

Step 3
Tilt the head up to maintain the airway. Tuck their nearest hand under the cheek to help maintain head tilt and raise face off floor.

Step 4
Check on them often.