


# Alcohol Poisoning

- Different people experience different effects of alcohol. *There are no absolutes.*
- If a large amount of alcohol is in a person's system, it can result in unconsciousness. *The heart and lungs can be slowed to the point of stopping.*
- It is dangerous to assume a person will *just sleep it off*. People may pass out before all of the alcohol reaches the brain.
- *When in doubt, call for emergency assistance.*

**Be Responsible About Drinking**

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## Steps to Deal With Alcohol Poisoning

1. **Wake the person up.** Call their name; Shake them; Pinch their skin. If they don't respond, get help!
2. **Turn and keep the person on their side** so that if they get sick they will not choke on their vomit.
3. **Check the person's skin.** If his/her skin is pale or bluish or is cold or clammy, get help!
4. **Check the person's breathing.** If it is irregular, or too slow/shallow (less than 8 breaths per minute or more than 10 seconds between breaths), get help!
5. If you discover any **one** of the above problems, **stay with the person and call 9-1-1.** It is important to contact emergency services quickly!

Better safe than sorry,  
When in doubt, call 9-1-1.