

Steps to Deal With Alcohol Poisoning

- **Wake the person up.** Call their name; Shake them; Pinch their skin. If they don't respond, get help!
- **Turn and keep the person on their side** so that if they get sick they will not choke on their vomit.
- **Check the person's skin.** If his/her skin is pale or bluish or is cold or clammy, get help!
- **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!
- **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!



Be Responsible About Drinking

B.R.A.D.

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