

Alcohol Poisoning

Symptoms

- Vomiting
- Confusion
- Seizures
- slow/irregular breathing
- Blue or pale skin
- Low body temperature
- Passing out
- Cold, clammy skin

Do's

- **Try to keep them awake** and sitting up if possible.
- **Keep them warm**-Alcohol poisoning will likely make them feel cold.
- **Put them in the recovery position**- if they pass out and vomit, they won't choke
- Make certain they're breathing and that their mouth is empty.
- **Stay with the intoxicated person** and wake them frequently. If alcohol levels continue to rise, the person may become unconscious.
- **Call an ambulance** if they stop breathing or can't stop throwing up
- **Start CPR** if breathing stops or find someone with first aid training to perform CPR immediately.

Dont's

- **Never let them drink anymore alcohol**-The amount of alcohol in their bloodstream could become dangerously high.
- **Don't give the person a cold shower**; the shock of the cold could cause unconsciousness
- **Don't give the semi-conscious person food or fluid's** (not even water) it could cause vomiting, choking or aspiration.
- **Never make them sick**. Their gag reflex won't be working properly which means they could choke on their vomit.
- **Never leave someone to sleep it off**. The amount of alcohol in someone's blood continues to rise even when they're not drinking.

Recovery Position

To put a person who is lying flat on their back into the recovery position follow these steps:

1. Place the person's arm that is closest to you straight beside their head.
2. Move the person's other arm over their chest so that their hand rests against their opposite ear.
3. Bend the person's leg that is furthest from you so that it is at a ninety degree angle and the foot is on the floor.
4. Roll the person towards you so that they are lying on their side.

If you suspect someone has alcohol poisoning, call 911 as soon as possible and don't leave the person alone