

## **A Medical Emergency**

*Alcohol poisoning is a severe physical reaction to an overdose of alcohol, which is dangerous, and may be life threatening.*

### **Signs & Symptoms:**

Your friend:

- has consumed large quantities of alcohol or combined alcohol with other drugs, or strong odor of alcohol is present.
- is unconscious or semi-conscious.
- has cold, clammy, unusually pale or bluish skin.
- is breathing slowly or irregularly-approximately less than 8 times a minute or 8-10 seconds or more between any two breaths.
- vomits while passed out and does not wake up during or after vomiting.
- has glazed eyes with pupils that react slowly to light. Exhibits no response to pain stimulus, such as a pinch.

### **Action Steps:**

- Get help! Dial 911. If you live near a hospital it is important to get your friend to an emergency room as fast as you can.
- Do not leave your friend alone. Carefully watch his/her breathing and if it stops administer CPR.
- Carefully turn the person on his/her side with knees bent; maintain the position by placing a pillow in the small of the person's back. This is important to prevent choking if vomiting occurs. Stay with the person until medical help arrives.
- Do not worry about what your friend will think when he/she sobers up. It is your call and with alcohol poisoning it is better to lose a friendship than a friend.