



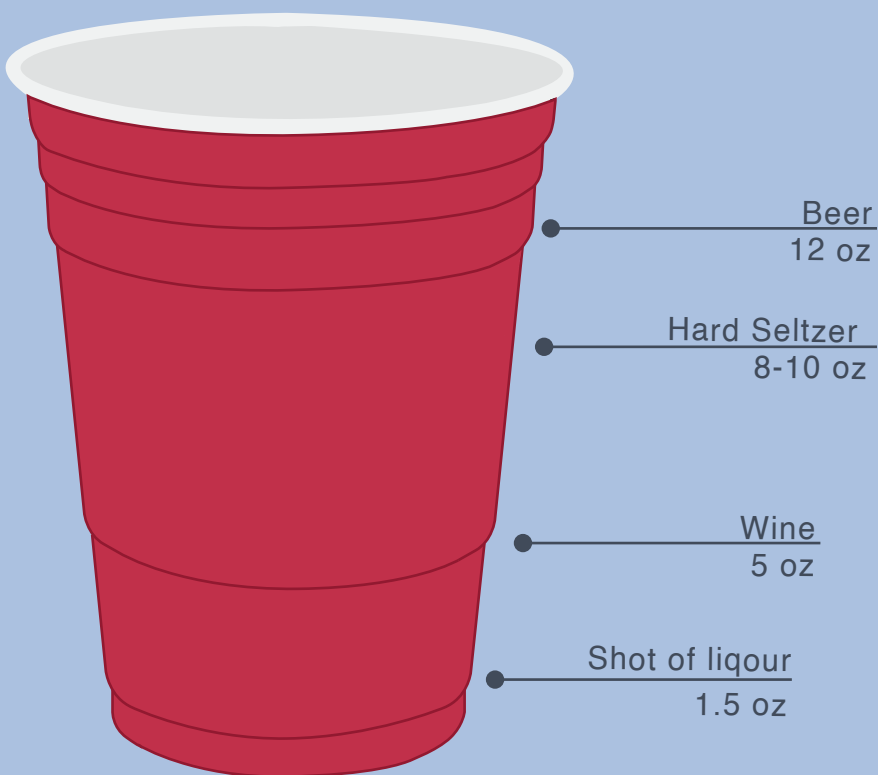
## What Is Alcohol Poisoning?

Alcohol poisoning is the result of drinking too much in a short period of time. When the alcohol enters your bloodstream, parts of the brain that control vital body functions shut off.



6 Americans die from alcohol poisoning a day.

## How Much Is A Standard Drink?



## Drinking Responsibly

Use a designated driver or a transportation service such as Uber or Lyft. Never drink and drive!

Space out your drinks to 1 or less per hour, drinking water in between.

Stick to the buddy system: going out, the bathroom, and going home.

## Recognizing The Signs

Any of the following symptoms may indicate alcohol poisoning.



trouble staying awake



vomiting



cold or pale skin



confusion



low body temperature



slow breathing

## Seeking Medical Attention

Do the following if you suspect someone has alcohol poisoning:

- **Call 911** right away. Never assume that someone could sleep off alcohol poisoning.
- **Never leave** the person alone. Stay with them, and keep them awake.
- **Prevent choking** by turning the person on their side, and allow them to vomit.
- **Prepare to give** the paramedics any information you can about the person.