If you are concerned
CALL 911

- Are they unconscious?
- Vomiting while sleeping or passed out
- Not waking up after vomiting
- Pale or bluish skin; skin is cold or clammy
- Breathing irregularly with a few breaths and then nothing for a while
- Breathing is slow or shallow
- Less than 8 breaths a minute
- More than 10 seconds in between breaths

- Slurred speech
- Confusion
- Erratic/Belligerent behavior
- Low body temperature
- Drawn out vomiting
- Repetition of phrases/words
- Stumbling
- Inability to support one’s self while standing
- Lack of coordination
- Pale skin
- Inability to sustain conversation and focus
- Disorientation to location and time
- Loss of consciousness and memory

- Consider not drinking
- Determine a drinking limit and stick to it
- Eat before and while you are drinking
- Space your drinks over time
- Alternate alcoholic and non-alcoholic drinks
- Avoid consuming shots
- Avoid drinking games
- Avoid letting others get you a drink
- Keep track of how much you drink
- Use a “buddy system” with your friends
- Experiment with drinking less

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http://www.bu.edu/shs/files/2011/05/Alcohol-Poisoning-BU.pdf