

Alcohol Poisoning

Alcohol depresses the central nervous system. When you drink a lot really fast your blood alcohol concentration (BAC) rises to the point of depressing the areas in your brain that control breathing, heart rate, and level of consciousness. The result is coma that can progress to death.

Symptoms of Alcohol Poisoning

- Unconscious, "sleeping", passed out – you cannot wake the person up
- Cold, clammy, pale or bluish skin
- Slow breathing, less than 8 breaths per minute, or irregular breathing, with 10 seconds or more between breaths
- Vomiting while "sleeping" or passed out, and not waking up after vomiting

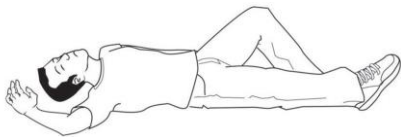
If a person has any of these symptoms, they are likely suffering from alcohol poisoning. It is important for them to receive medical attention.

What To Do

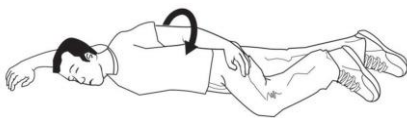
- Call 911
- Roll the person into the recovery position to prevent them from choking
- Do not leave the person alone. Stay with them and monitor breathing until medical help arrives

The Recovery Position

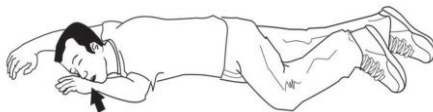
1. Raise the person's closest arm above their head. Prepare to roll them towards you.



2. Gently roll the person as a unit. Guard their head as you roll them.



3. Tilt head to maintain airway. Tuck nearest hand under cheek to help maintain head tilt.



4. Check them often.