

* Alcohol Poisoning *

Signs that someone might have alcohol poisoning

- * They are unconscious/semi-conscious
- * They are vomiting while asleep or passed out
- * Their skin is cold, clammy, pale or bluish
- * They are nonresponsive to their name or to pinching their skin
- * Their breathing is slow (*less than 8-9 breaths per minute*) or irregular (*10 seconds or more between breaths*)
- * Their heart is beating irregularly or it stops completely

**If there is any suspicion of an alcohol overdose,
** call 911 for help. ****

While waiting, gently turn them on their left side and maintain that position by placing a pillow in the small of their back and one between their legs. This is important to prevent choking should they vomit. Stay with them until medical help arrives.

Some students are concerned that they might get their friend or themselves in trouble for calling 911 if they are underage....although there is a very small risk of legal trouble, none of the consequences compare to losing a life and losing a friend.

For more information about alcohol safety contact:

- Wellness Resource Center: 882-4634
- MU Police: 882-7201

If you know someone who might have a problem with alcohol please contact:

- MU Counseling Center: 882-6601
- MU Student Health Center: 882-7481

95.6% of MU students would call 911 or take a friend to the emergency room if they had alcohol poisoning.

The Wellness Resource Center. **Your Campus Prevention Office since 1990.**

wellness.missouri.edu

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