MYTHBUSTERS

MYTH

SO I’VE HAD TOO MUCH TO DRINK, BUT MY FRIEND IS TAKING CARE OF ME. I’LL BE JUST FINE, RIGHT?

BUSTED

SUPER GOLD STAR for your friend for recognizing you need help, however, in extreme situations, professional medical care is necessary.

Your body continues to absorb alcohol (increasing your BAC and danger) long after you consume a drink, so while you look fine, they should keep a constant eye on you.

Signs of alcohol poisoning:

- Unconscious/semi-conscious
- Vomiting while sleeping or passed out
- Skin is cold, clammy, pale, or bluish
- 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 stops completely.

If they are worried at all that you may have alcohol poisoning, they should call 911 or take you to the Emergency Room.

For more information, visit:
http://wellness.missouri.edu/Mythbusters
http://wellness.missouri.edu/alcohol.html

WANT MORE PROOF?

WELLNESS.MISSOURI.EDU/MYTHBUSTERS