

## How to *TAKE CARE:* *Alcohol and Other Drugs*

- **KNOW THE SIGNS OF ALCOHOL POISONING:**

*(Not all need to be present)*

- Passed out = Unresponsive
- Mental Stupor/Confusion
- Slow or Irregular Breathing
- Vomiting or Seizures
- Pale or Bluish Skin Tone



More info here:

<http://www.collegedrinkprevention.gov/OtherAlcoholInformation/FactsAboutAlcoholPoisoning.pdf>

- **KNOW THE SIGNS OF A DRUG OVERDOSE:**

*(Not all need to be present)*

- Unconsciousness
- Abnormal or Nonreactive Pupils
- Change in mood: Aggressive, Violent, Agitated, Paranoid, Delusional
- Convulsions, Tremors, Staggering Gait
- Change in Breathing
- Sweating, or Hot, Dry Skin
- Drowsiness, Nausea, Vomiting

More info here:

<http://www.nlm.nih.gov/medlineplus/ency/article/000016.htm>

## WHAT TO DO:

- Call **911** or Public Safety  
**(773)325-7777**
- Trust your gut: If you *feel* like there is a problem, chances are you're right!
- Turn your friend on their side so they don't choke on vomit
- **STAY WITH THEM!** Until help arrives or until they re-gain consciousness

If you, or a friend, is struggling with issues around alcohol and/or substance use, you can call the Office of Health Promotion & Wellness for resources and support: [773.325.4550](tel:773.325.4550)