ALCOHOL POISONING

If you are at all concerned, call 911 or Campus Security 208-426-6911

DANGER!

- Loss of consciousness
- Vomiting while sleeping
- Pale or bluish skin
- Breathing irregularly
- Not waking up after vomiting
- Less than 8 breaths a minute
- More than 10 seconds in between breaths

GET HELP

- Slurred speech
- Confusion
- Erratic / belligerent behavior
- Low body temperature
- Drawn out vomiting
- Stumbling
- Lack of coordination
- Pale skin
- Disorientation to location and time

STAY SAFE

- Consider not drinking
- Determine a drinking limit
- Eat before and while you are drinking
- Avoid consuming shots
- Avoid drinking games
- Keep track of how much drink
- Use a “buddy system” with your friends
- Experiment with drinking less

know the signs.

make the call.

save a life.

CONSIDER TALKING WITH A PROFESSIONAL...

- If you need a drink to get going the morning after heavy drinking.
- If you feel annoyed when others criticize your alcohol or drug use.
- If you are having trouble at work or school due to drinking or drug use.
- If you are experiencing interpersonal problems due to alcohol or drug use.
- Health Services can help, call for more information

HEALTH SERVICES

healthservices.boisestate.edu | 426-1459