Medical Emergency Policy

- Alcohol misuse can lead to dire consequences, including death. Immediately requesting help for those suffering from alcohol intoxication can save lives.
- Students who call for medical emergency assistance for themselves or others may not be charged with violations of the Student Code of Conduct for drugs and/or alcohol.

Campus Support Services

- University Security
  426-1453
- University Health and Recreation
  426-1459

TAKING Action

- Get HELP
- Call 911
- Find a staff member or public safety officer who can assist you.
- Stay with the individual.
- Turn them on their side to keep from choking (in case of vomiting).

Error on the side of CAUTION: Seek medical assistance if you are unsure what to do. You could be saving a life!

BE IN THE Know

- ALCOHOL TOXICITY
- TAKING ACTION
- MEDICAL EMERGENCY
**Know the Dangers of Alcohol Use**

1. Women tend to reach higher Blood Alcohol Content (BAC) than men.
2. BAC rises more rapidly when you drink on an empty stomach.
3. Alcohol leaves your system at less than 1 drink per hour.
4. A drink is:
   - 1 - 5 oz glass of wine
   - 1 - 12 oz beer
   - 1 - 1 oz of 80 proof spirit

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**The Facts**

- **24%** of Boise State students have never consumed alcohol.
- **74%** of Boise State students drank 4 drinks or less the last time they partied.
- Students reported that they believed **36%** of Boise State students use alcohol daily. In reality, only **11%** reported doing so.
- **83%** of Boise State students who drink use a designated driver.
- **84%** of Boise State students who drink, eat before and/or during drinking.

**Symptoms of Alcohol Intoxication**

1. Individual is unconscious, semi-conscious or passed out, and cannot be woken.
2. Cold, clammy pale or bluish skin.
3. Breathing is slow (less than 8 times per minute or irregular with ten seconds or more between breaths).
4. Vomiting while sleeping/passed out or not waking up after vomiting.

If a person has any of these symptoms, he or she is suffering from acute alcohol intoxicity.

*Source: American College Health Association, 2009*