ALCOHOL POISONING

If you are at all concerned, call for help

617-552-3227 or 617-552-4444

(Health Services) (BCPD)

- Are they unconscious?
- Vomiting while sleeping or passed out
- Not waking up after vomiting
- Pale or bluish skin; skin is cold or clammy
- Breathing irregularly with a few breaths and then nothing for a while
- Breathing is slow or shallow
- Less than 8 breaths a minute
- More than 10 seconds in between breaths

- Slurred speech • Confusion
- Erratic/Belligerent behavior
- Low body temperature • Drawn out vomiting
- Repetition of phrases/words • Stumbling
- Inability to support one's self while standing
- Lack of coordination • Pale skin
- Inability to sustain conversation and focus
- Disorientation to location and time
- Loss of consciousness and memory

- Consider not drinking
- Determine a drinking limit and stick to it
- Eat before and while you are drinking
- Space your drinks over time
- Alternate alcoholic and non-alcoholic drinks
- Avoid consuming shots • Avoid drinking games
- Avoid letting others get you a drink
- Keep track of how much you drink
- Use a “buddy system” with your friends
- Experiment with drinking less

KNOW THE SIGNS. MAKE THE CALL. SAVE A LIFE.

Boston College will treat this as a health and safety matter, not as a disciplinary incident.