Will this be the story of your life?

It doesn’t have to be.

Symptoms of Alcohol Poisoning

- Mental confusion, stupor, coma - the drinker cannot be awakened.
- No response to pinching the skin or earlobe.
- Vomiting while sleeping.
- Seizures.
- Slow breathing - less than eight breaths per minute.
- Irregular breathing - ten seconds or more between breaths.
- Cold, clammy, pale or bluish skin - the drinker is not getting enough oxygen.

What to Do

- **Call 911.** The drinker who has "passed out" may die. Alcohol poisoning is a medical emergency. Do not hesitate.
- Turn the drinker on his/her side to keep from choking and inhaling vomit.
- Be aware that alcohol continues to be absorbed into the blood stream after a drinker "passes out" and may shut down breathing and heart functions causing death within a few hours.
- Monitor breathing and begin artificial respiration if he/she is not breathing.
- Stay with him/her until help arrives.

People die from drinking too much alcohol too fast.

Don’t be afraid to seek medical help for someone who has had too much to drink. It’s far better to have an annoyed or embarrassed friend than a dead one.

Sponsored by the NMDOT Traffic Safety Bureau and the UNM Institute of Public Law.