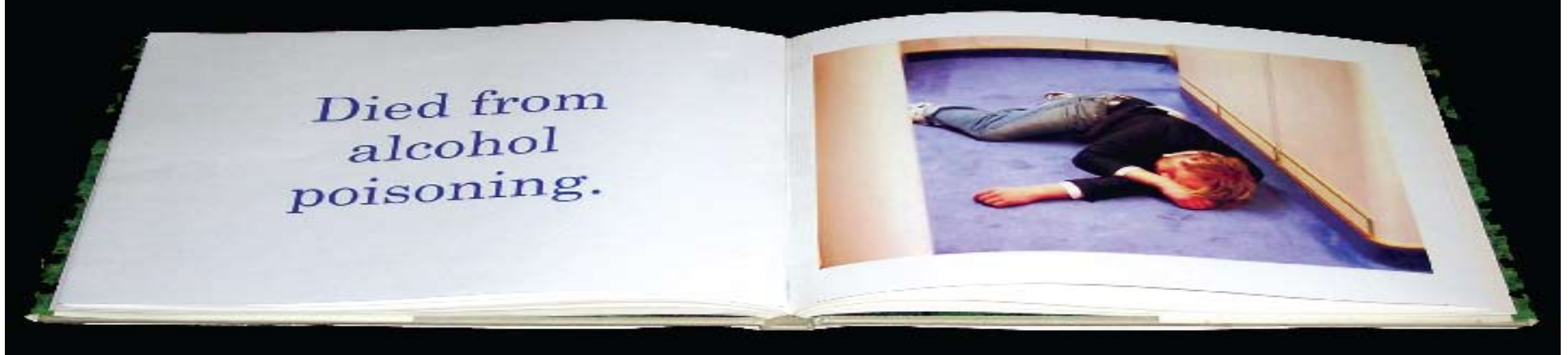


# Will this be the story of your life?



## 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.*

