



## Know the Facts

## Health



### First Aid for Alcohol Intoxication

#### Sign and Symptoms:

- Strong smell of alcohol
- Confusion and slurred speech
- Vomiting
- Reddened and moist face
- Deep, noisy breath
- Strong, pounding pulse

If victim is unresponsive, **seek medical help immediately**

Look for:

- Shallow breathing (less than 12 breaths per minute)
- Weak, rapid pulse
- Widened pupils that react poorly to light
- Victim is unconscious and you cannot wake him/her up.
- Victim's skin is cold, pale and sweaty.

#### What can happen if an alcohol overdose goes untreated?

- A person could choke on their vomit
- Breathing may slow down, become irregular and stop
- Heart may beat irregularly and stop
- Hypothermia
- Hypoglycemia
- Severe dehydration from vomiting, which can cause seizures, permanent brain damage, or death.

#### What to do if someone vomits

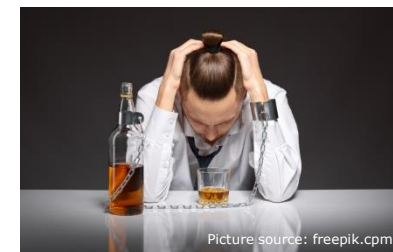
- Try to keep the victim upright.
- If you have to lie down the victim, make sure it is on its side and that the mouth and the airway is open.
- Do not leave victim alone.

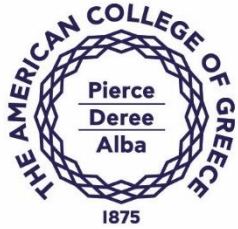
#### Do

- Assist the person to a comfortable and safe place.
- Use a calm, strong voice. Be firm.
- Assess if the person is in a life-threatening situation and get HELP if you need it.
- Lie the intoxicated person on his/her side (recovery position).
- Check breathing every 15 minutes.
- Allow for time. Only time will sober up a person.

#### Don't

- Don't induce vomiting.
- Don't give victim anything to drink or eat. Danger of choking.
- Don't give cold showers (The shock may make the person pass out)
- Don't try to walk the victim around.
- Don't provoke a fight by arguing with or laughing at the person who is drunk.
- Don't try to counsel the person (confront the behavior later)
- Don't give the person any drugs (painkillers, sleeping pills, antidepressant pills etc.)





### Recovery Position (How to)

- With the person **lying on their back**, kneel on the floor at their side.
- Extend the arm nearest you at a right angle to their body with their palm facing up (step 1).
- Take their other arm and fold it so the back of **their hand rests on the cheek closest to you**, and hold it in place (step 2).
- Use your free hand to **bend the person's knee** farthest from you to a right angle (step 3).
- Carefully roll the person onto **their side** by pulling on the bent knee (step 3).
- Their bent arm should be **supporting** the head. Their extended arm will stop you rolling them too far.
- Make sure their bent leg is at a right angle (step 4).
- Open their airway by gently **tilting their head back** and lifting their chin, and check that nothing is blocking their airway (step 4).
- **Stay with the person** and monitor their condition until help arrives.

