



## WHAT IS ALCOHOL POISONING?

Alcohol poisoning happens when too much alcohol (beer, wine, or liquor) is consumed. It's important to remember that alcohol poisoning can happen to both experienced and novice drinkers. When large amounts of alcohol is absorbed in a short period of time, people may suffer severe, life-threatening intoxication.

## SIGNS MIGHT INCLUDE:

- Individual is unresponsive to your voice, shaking, or pinching their skin.
- Individual's skin is cold, clammy, pale, bluish, and/or blotchy.
- Breathing is slow - eight or fewer breaths per minute.
- Individual experiences lapses in breathing - more than 10 seconds between breaths.
- Individual exhibits mental confusion, stupor, or coma.
- Seizures, convulsions, or rigid spasms.
- Vomit while asleep or unconscious and cannot be awoken.

## RESOURCES

### Alcohol and Other Drugs Services

[www.gvsu.edu/aod](http://www.gvsu.edu/aod)  
(616) 331-2537

### University Counseling Center

[www.gvsu.edu/counsel](http://www.gvsu.edu/counsel)  
(616) 331-3266

## WHAT TO DO?

It can be difficult to decide if you think someone is drunk enough to warrant medical attention. You may worry about the consequences for yourself or your friend or loved one, especially if you're underage. But the consequences of not getting the right help in time can be far more serious.



Call 911 if you identify any signs of alcohol poisoning.



If they are unconscious, gently turn them onto their side. This will help prevent choking.



Be prepared to administer CPR.



## MEDICAL AMNESTY:

- Student Amnesty allows current GVSU students to avoid formal university disciplinary action when they call for help during an alcohol or drug-related emergency.
- No student seeking medical help for an alcohol or drug overdose on campus will be subject to legal issues for the sole violation of using or possessing personal amounts of alcohol or drugs.

*(unless there are extenuating circumstances).*