

NEWS FLUSH

...in the know while you go



MELROSE
SUBSTANCE ABUSE
PREVENTION COALITION

April is Alcohol Awareness Month

1. What is binge drinking?

- A) Drinking every day
- B) 4 drinks for women, and 5 drinks for men consumed in a single session
- C) Drinking while watching Netflix

2. Alcohol is a _____.

- A) Stimulant
- B) Depressant
- C) Hallucinogen

3. Your body can process how many drinks per hour?

- A) One
- B) Three
- C) Half of a drink

4. Mixing alcohol with energy drinks will help keep me awake/alert for longer while drinking.

- A) True
- B) False

5. What percent of alcohol consumed by underage drinkers is through binge drinking?

- A) 35%
- B) 62%
- C) 90%

ALCOHOL POISONING

recognize the signs

- **CONFUSION**
- **COORDINATION** loss
- **VOMITING**
- **SEIZURES**
- **PALE SKIN** (or blue-tinged)
- **LOW BODY TEMPERATURE**
- **SLOW BREATHING** (or irregular)
- **STUPOR** (conscious but unresponsive)
- **UNCONSCIOUSNESS**



what to do

- **KEEP THEM AWAKE & SITTING UP**
- **GIVE THEM WATER**
- **KEEP THEM WARM**
- **LAY THEM ON THEIR SIDE** (recovery position) if they have passed out
- **CHECK IF THEY ARE BREATHING PROPERLY**
- **STAY WITH THEM & MONITOR THEIR SYMPTOMS**

what NOT to do

- **DON'T LEAVE THEM TO SLEEP IT OFF**
- **DON'T GIVE THEM COFFEE**
- **DON'T MAKE THEM SICK**
- **DON'T WALK THEM AROUND**
- **DON'T PUT THEM UNDER A COLD SHOWER**
- **DON'T LET THEM DRINK ANY MORE ALCOHOL**



BETTER SAFE THAN SORRY is the rule for alcohol poisoning.

In a medical emergency, CALL 911