

DO NOW

ALCOHOL POISONING

- ✘ What would you do if you were at a party and one of your FRIENDS drank too much alcohol to the point that they were passed out?
- ✘ What should you not do if your friend has alcohol poisoning.

ALCOHOL POISONING



<http://science.education.nih.gov/supplements/nih3/alcohol/activities/lesson5.htm>

Simulation A (intoxicated)

Staggers while walking to car

Has blurred vision

Does not look both ways before crossing the street

Does not fasten seat belt

Has trouble putting key in ignition

Exceeds speed limit

Does not always stay in correct lane

Drives using one hand

Runs through stop signs

Does not stop for pedestrian

Does not use turn signals

Hits the trash can in driveway

Simulation B (sober)

Walks in a straight line to car

Has clear vision

Looks both ways before crossing the street

Does fasten seat belt

Puts key in ignition easily

Does not exceed speed limit

Stays in correct lane

Drives using both hands

Stops smoothly at stop signs

Stops to allow pedestrian to cross street

Does use turn signals

Parks car without hitting trash can

WHAT IS IT?

- ✘ Alcohol poisoning is “ a severe elevation of the blood alcohol concentration which may lead to coma and death, often resulting from consumption of large amounts of alcohol” .
- ✘ A BAC of .30% and above is potentially lethal to anyone – minors, adults, or even heavy drinkers. The body cannot manage such excessive amounts of alcohol.

STAGES OF ALCOHOL POISONING

1.

- ✘ Any quantity of alcohol can depress the central nervous system.
- ✘ When alcohol is consumed quickly or in a large doses, it can slow or stop the body's involuntary processes such as breathing, the heartbeat, and the gag reflex, which prevents choking.

STAGE 2.

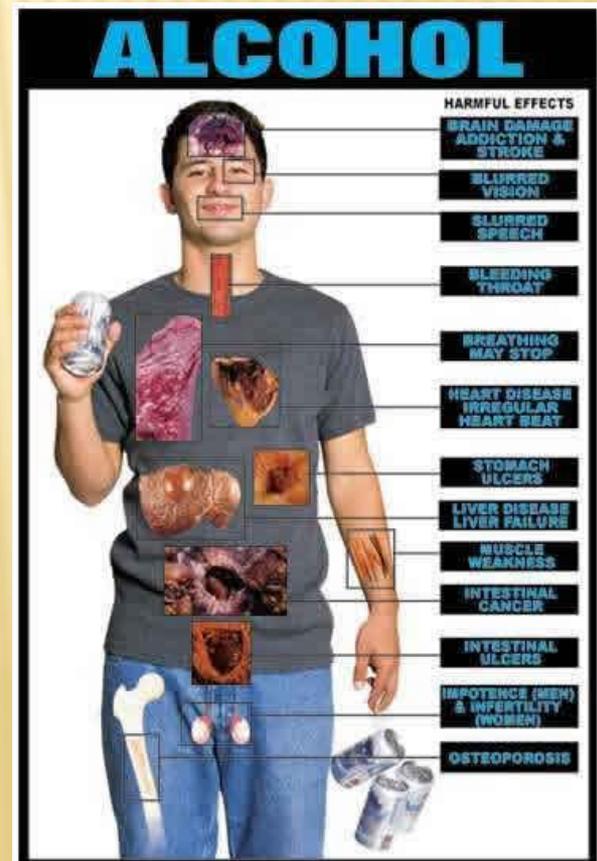
- ✘ Even after the victim loses consciousness, alcohol continues to circulate through his or her system.
- ✘ lack of oxygen and/or hypothermia (low body temperature) which can lead to cardiac arrest and brain damage.
- ✘ Victim may choke on his or her own vomit and die.

STAGE 3

- ✘ Both breathing and pulse rate may grow slower, become irregular and finally stop..
- ✘ Coma and irreversible brain damage will occur. Death is possible if BAC rises to 0.30 percent or above.

BINGE DRINKING

Excessive alcohol use for the following if men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours.



BINGE DRINKING IS ASSOCIATED WITH MANY HEALTH PROBLEMS, INCLUDING—

- ✘ Unintentional injuries (e.g., car crashes, falls, burns, drowning).
- ✘ Intentional injuries (e.g., firearm injuries, sexual assault, domestic violence).
- ✘ Alcohol poisoning.
- ✘ Sexually transmitted diseases/Sexual dysfunction.
- ✘ Unintended pregnancy.
- ✘ High blood pressure, stroke, and other cardiovascular diseases.
- ✘ Liver disease.
- ✘ Neurological damage.

WHAT WOULD HAPPEN IF YOU HAD TO GO TO THE HOSPITAL FOR ALCOHOL POISONING!



COMMON SIGNS OF ALCOHOL POISONING!

- ✗ Drinks excessively (4 or 5 drinks in a sitting)
- ✗ Does not respond to being talked to or shouted at
- ✗ Does not respond to being pinched, or poked
- ✗ Vomits while sleeping or passes out and doesn't wake up after vomiting
- ✗ Cannot stand up or cannot remain standing unless aided by others
- ✗ Has slow breathing
- ✗ Has bluish or purplish skin, or skin that appears flushed
- ✗ Has clammy skin, or skin that feels cool to the touch
- ✗ Has irregular pulse rate, or if the pulse becomes slower than 40 beats per minute
- ✗ Has an irregular heart rhythm, with the heart beating unusually slowly or unusually quickly

A PARENTS STORY OF ALCOHOL POISONING



HELP!

- ✗ DON'T LEAVE YOUR FRIEND ALONE
- ✗ Call 911
- ✗ Place your friend on his/her side to reduce the risk of choking on vomit
- ✗ If your friend's breathing becomes slower than six breaths per minute, perform mouth to mouth resuscitation immediately!
- ✗ If you are no longer able to feel a pulse, or if your friend's pulse goes below 40 beats per minute, perform CPR until emergency crew arrives
- ✗ Wait for help to arrive. Explain what you know and how much alcohol your friend has ingested
- ✗ DO NOT give them any fluids or food
- ✗ DO NOT give them a cold shower