Never assume that a person will “sleep off” alcohol poisoning!

**SIGNS OF ALCOHOL POISONING**

- Vomiting
- Seizures
- Confusion/Stupor
- Breathing slowly
  - (less than 8 times a minute)
- Irregular breathing
  - (10 seconds or more between breaths)
- Irregular breathing
- Blue or pale skin
- Low body temperature
- Unconsciousness (“passed out”) - Cannot be awakened

*Keep in mind that even when someone is unconscious or has stopped drinking, alcohol continues to be released into the bloodstream & Blood Alcohol Concentration (BAC) continues to rise.*

**TAKE ACTION**

**DRUG AND ALCOHOL MISUSE CAN LEAD TO SERIOUS CONSEQUENCES, INCLUDING DEATH.**

1. Immediately request help for those suffering from a medical emergency as a result of alcohol or drug use. **You can save a life!**

2. Get help! Call 911, and find a Boise State staff member or security officer who can assist, University Security, (208) 426-6911.

3. Turn person on his/her side to prevent choking. Do not leave the person alone.

4. Students who seek emergency medical assistance for themselves or others may not be charged with violations of the Student Code of Conduct for drugs and/or alcohol.

5. For additional help call, Health Services, (208) 426-1459, available for students to work with a caring professional about alcohol/drug use and abuse. Women’s Center, (208) 426-4259, sexual assault crisis response.