

# TREAT ALCOHOL POISONING NOW!

These instructions will show you how to save a person suffering from alcohol poisoning. Alcohol poisoning can be fatal, so if the proper precautions are not taken someone's life is at stake. The procedure should be started as soon as alcohol poisoning is suspected. It should only take about ten minutes to put someone in the recovery position after calling 911, and then the time for the ambulance to arrive will vary by your location. Anybody from age ten and older can complete the procedure for alcohol poisoning, however alcohol should only be around if everyone is at least twenty one. Learning and following these steps will prove to be important knowledge in social situations, and most importantly, it will save lives.

## SYMPTOMS OF ALCOHOL POISONING:

If the victim is showing any of these symptoms they may have alcohol poisoning and the following procedure should be followed immediately.

- Vomiting
- Blacked out and unresponsive
- Pale or bluish skin
- Irregular or slow breathing
- Low, dropping body temperature
- Seizures



**IF THESE SYMPTOMS ARE PRESENT, CALL 911!**



**NOTE-** Be ready to tell the operator:

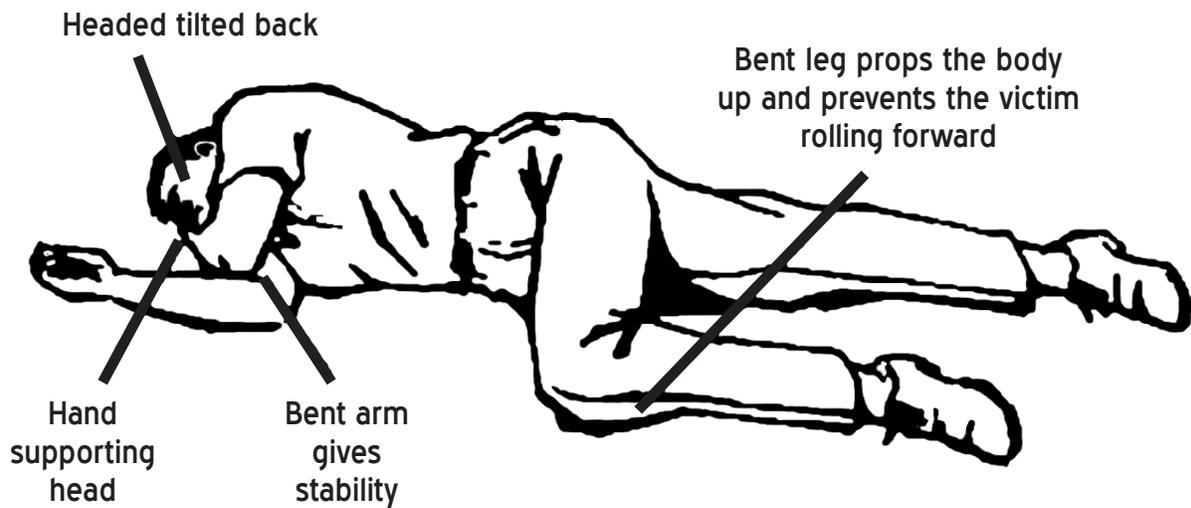
- **How much** the victim had to drink
- **What type** of alcoholic drinks were consumed
- **How much time has passed** since they started drinking

**CONDITIONS FOR SAFETY:**

- An ambulance on the way
- A flat surface to rest victim on
- A well-ventilated room

**RECOVERY POSITION: STEPS 1 - 5**

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**1. Lie the victim down and place the arm closest to you at a right angle.**



**2. Take the leg far from you and put it at a right angle.**



**3. Roll them over towards you, holding their knee and hand.**



**NOTE:** Be very careful rolling them over! They may feel heavy because it is dead weight, but be gentle as you do not want to accidentally hurt them.

**4. Make sure the bent knee is in front of their body and on the ground for support.**



**5. Tilt their head back and up to clear their airway, and put the hand under their cheek to support the head.**



**NOTE:** Tilting the head is extremely important because choking on vomit can kill them!

- **DO NOT LEAVE THEM ALONE.**



**NOTE:** Leaving them alone is extremely dangerous because they could start vomiting and choke to death. **THEY WILL NOT SLEEP IT OFF!**

- **Keep checking to make sure they are breathing.**



**NOTE:** If their breathing stops or seems unusual, **DO NOT** try to wake them up by splashing water on them or shaking them because they could go into shock!

- **Leave them in this position until the paramedics arrive.**



**NOTE:** If they happen to wake up, help them to drink small amounts of water right away to rehydrate.

# A LIFE HAS BEEN SAVED

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Now that you have done all you can to help the victim, they should be fine and the paramedics can take it from there when they arrive. At this point the victim should be lying on the floor in recovery position with a blanket over them, and each time you check their breathing there should not be any major changes. If there is anything unusual with their breathing or body temperature:

- Call 911 again and they may be able to tell you what to do depending on the problem.
- Make sure there is nothing in their mouth that could be blocking their airways or that they could choke on.
- DO NOT try anything on a whim, like splashing them with water or slapping their face. You are not a trained professional and you could harm the victim and send them into shock by trying to wake them up.
- If nothing can be done, do not leave the person's side and wait for the paramedics to get there.

If you have any questions or concerns, or need any more information about alcohol poisoning, you can call New Mexico Poison Control at **800-222-1222**.

***\*This manual was created by UNM Student, Audrey Martinez, who participated in Professor Dianne Bechtel's 2014 English 219 Visual Rhetoric class project, Alcohol Poisoning Manual.***