

WHAT TO DO DURING AN ALCOHOL EMERGENCY



If you suspect someone is overdosing on alcohol, seek medical help immediately. Cold showers, hot coffee, food, or walking won't reverse the effects—it could even make things worse.

DO NOT DELAY—CALL 911!

Alcohol overdose happens when your body gets too much alcohol, causing vital brain areas to stop working correctly. These areas control things like breathing, heart rate, and body temperature.

Even after you've stopped drinking or if you've passed out, your blood alcohol concentration can still climb. Alcohol from your stomach and intestines keeps streaming into your bloodstream, spreading its effects throughout your body.

Symptoms of alcohol overdose include confusion, difficulty remaining conscious, vomiting, seizures, trouble with breathing, slow heart rate, clammy skin, dulled responses (such as no gag reflex, which prevents choking), and extremely low body temperature.

Be ready to provide responders with crucial information, including the type and quantity of alcohol consumed, any other drugs taken (if known), and relevant health details such as current medications, allergies, and existing health conditions.

Avoid leaving an intoxicated individual unattended, as they're vulnerable to injuries from falls or choking. Keep them seated on the ground or in a partially upright position rather than in a chair.

If the person is vomiting, ensure they lean forward to prevent choking. If they're unconscious or lying down, gently roll them onto their side with one ear toward the ground to minimize the risk of choking.