Signs of Alcohol Overdose

- Slow breathing
- Irregular breathing
- Blue or pale skin
- Low body temperature
- Confusion
- Vomiting
- Seizures
- Passing out

Alcohol Overdose Do’s and Dont’s

Do:
- Call 911 (on campus 9–911)
- Stay with your friend while help arrives
- Monitor your friend’s breathing closely
- Put your friend in the recovery position

Don’t:
- Let your friend drive or ride a bike
- Give your friend food, liquid, medicine, or drugs
- Force your friend to walk or run
- Put your friend in a cold shower

Alcohol overdose is a medical emergency. If you choose to drink, drink responsibly!

Information provided by CADEC
The Campus Alcohol & Drug Education Center
www.csuchico.edu/cadc | 530.898.6450