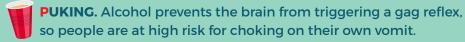
# SIGNS OF ALCOHOL POISONING

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**COLD SKIN.** Consuming too much alcohol causes the brain to lower the body's temperature which is why someone may feel clammy or have blueish or pale skin.

**UNRESPONSIVENESS.** They are unable to wake up or respond to your voice.



**SLOW BREATHING**. A person who consumed too much alcohol may also experience irregular breaths as a result of the brain not receiving enough oxygen.

## IF SOMEONE IS EXPERIENCING THESE SYMPTOMS, PLEASE CALL 911

DE YOSCV DIG FREE YOUTH IN SANTA CLARITA VALLEY

Source: experience.syracuse.edu

### WHAT IS BINGE DRINKING?

When someone consumes a lot of alcohol in a short time period.

For men binge drinking is when they consume 5 or more drinks in 2 hours or less. For women binge drinking is consuming 4 or more drinks in 2 hours or less.

## FACTS



Binge drinking is associated with motor vehicle crashes, alcohol poisoning, violence, STD's and chronic disease.



People who binge drink have a higher risk of developing alcohol use disorder.





Source: Center for Disease Control and Prevention (CDC) | cdc.gov

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44% of high school students who binge drink consumed 8 or more drinks in a row.

**\*\*\*\*** 

1 in 6 adults binge drink.



of adults who drink, report binge drinking.