

# 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.



**PUKING.** Alcohol prevents the brain from triggering a gag reflex, so people are at high risk for choking on their own vomit.



**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**

Source: [experience.syracuse.edu](http://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



**1 in 6 adults** binge drink.



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.

# 90%

**of adults who drink,**  
report binge drinking.



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

**DRUG FREE**  
*IS THE WAY TO BE*



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