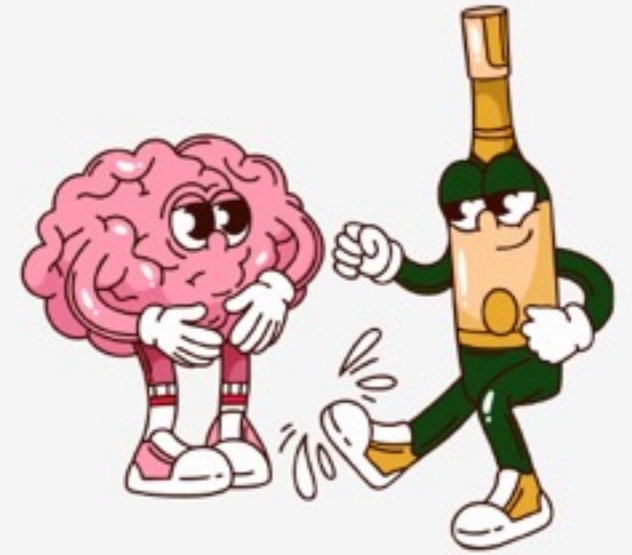




Alcohol Safety

**Understanding the Risks and
Protecting Our Health**

MYTH BUSTING



MYTH: "If someone passes out drunk, just let them sleep it off."

FACT: Alcohol poisoning can be fatal. Someone who is unconscious and intoxicated needs help, not a blanket.

HOW ALCOHOL WORKS IN THE BODY



Alcohol is absorbed through the stomach and small intestine directly into the bloodstream. The liver can process about one standard drink per hour. Drinking faster than that = BAC rises = increasing impairment.

Blood Alcohol Concentration (BAC):

- 0.02-0.05: relaxed, lowered inhibitions
- 0.05-0.08: impaired coordination, judgment affected
- 0.08+: legally impaired to drive
- 0.15+: high risk of vomiting, blacking out
- 0.30+: risk of respiratory failure

WHAT IS A STANDARD DRINK?

One standard drink = 14 grams of pure alcohol:

- 12 oz regular beer (~5% ABV)
- 5 oz wine (~12% ABV)
- 1.5 oz spirits (~40% ABV)

⚠ Many drinks don't look like "one drink":

- A pint of craft IPA (7%) $\approx$ 1.5 standard drinks
- A large pour of wine $\approx$ 1.5–2 drinks
- A mixed drink depends entirely on how it was made



- Alcohol impairs judgment, lowers inhibitions, and affects the ability to consent. Someone who is significantly intoxicated cannot give legal or meaningful consent.
- This matters both ways:
 - If a partner is drunk, they cannot consent
 - If you are drunk, your ability to assess that is also impaired.
- The safest rule: significant intoxication = pause everything.



ALCOHOL AND CONSENT



ALCOHOL POISONING: RECOGNIZE IT

Signs of alcohol poisoning (call 911 if you see these):

- Unconscious and won't wake up
- Slow or irregular breathing (fewer than 8 breaths/min)
- Skin that is pale, bluish, or cold and clammy
- Seizures
- Vomiting while unconscious (aspiration risk)

Do NOT assume they will "sleep it off." BAC can keep rising after someone stops drinking.



HOW TO HELP A DRUNK FRIEND



- Stay with them; don't leave them alone
- Recovery position: roll them on their side (prevents choking on vomit)
- Check breathing regularly
- Do NOT give coffee, food, or make them walk it off
- Do NOT put them in a cold shower
- Call 911 if you see poisoning signs
- 📱 Medical Amnesty: Many states and schools have policies protecting the person who calls for help. Know yours.



MYTHS ABOUT SOBERING UP

Only time reduces BAC. About one hour per standard drink.



"This sobers you up"

Cold shower	Makes you feel alert but your BAC is unchanged
Coffee	Same: caffeine masks impairment, doesn't reduce it
Food (after drinking)	Slows future absorption only; already-absorbed alcohol stays
Water	Helps hydration; doesn't change BAC
Walking around	Doesn't speed liver processing

