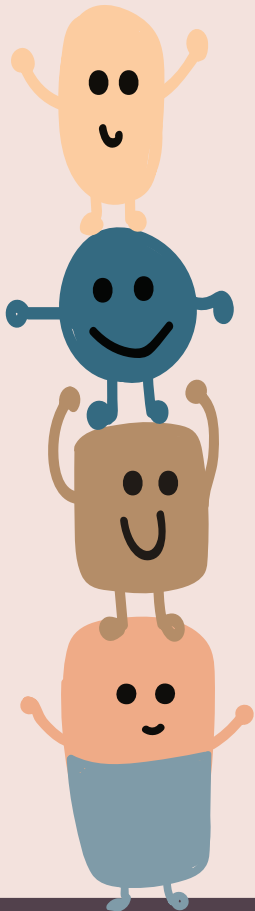


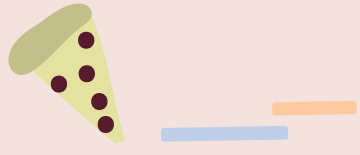
# ALCOHOL SAFETY 101

Being a part of the UVA community means looking out for your fellow Hoos and fostering a safe environment for everyone. We take care of ourselves and the people around us. If choosing to drink, using *safer strategies can reduce the risk of negative outcomes.*

## Safer Strategies if Choosing to Drink



- Eat food, especially protein, before and while drinking
- Abstain or use caution when sick, tired, or in a new environment
- Make sure to plan a safe way to get home before you leave
- Stay with the same friend or group
- Keep an eye on your drink
- Space and pace alcohol with water



**HOO KNEW?**

96% of UVA students approve of getting medical help for a friend who had too much to drink. \*

\* From the April 2019 UCelebrate survey with responses from 833 UVA students.

## Signs of Alcohol Overdose

Remember **PUBS**:

- P** - Puking while passed out
- U** - Unresponsive to stimulation (a pinch or a shake)
- B** - Breathing (slow, shallow, or no breathing)
- S** - Skin (blue, cold, or clammy)

If you see any **ONE** of these signs, **call 911** immediately! If you are unsure, call the confidential 24/7 **National Poison Control Hotline at (800) 222-1222.**

**HOO KNEW?**

88% of UVA students stay and monitor a friend who is passed out. \*\*

\*\* From the February 2019 Health Survey with responses from 808 UVA students.

## How to Help a Friend

Someone experiencing a PUBS sign (see above) needs help!

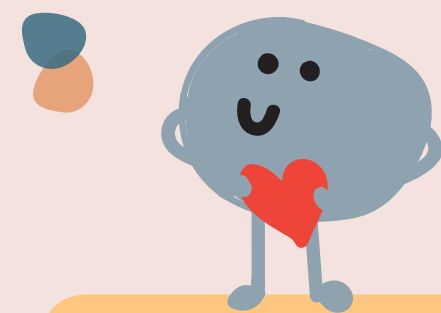
- 1 **Roll them on their side** to keep their airway open in case of vomiting or choking.
- 2 **Call 911 immediately**, and stay with them until help arrives.

## What to Expect When Getting Help

- If seeking care at Student Health or any hospital for an alcohol or drug incident, **POLICE OR SCHOOL OFFICIALS ARE NOT NOTIFIED**. Parents or guardians are only notified in life-threatening events or if the student is under 18.
- Calling 911 results in police response to assist with care. **STAY PRESENT AND COOPERATE WITH EMERGENCY PERSONNEL** to help a fellow Hoo.
- If **POLICE ARE CALLED, THEY MAY NOTIFY THE OFFICE OF THE DEAN OF STUDENTS**, who will follow up for safety purposes.

## Resources

- | **LATE-NIGHT UTS BUSES** run every 15-20 minutes 12:30 a.m. - 2:30 a.m. Thurs. - Sat.
- | **SAFE RIDE** transports students home for free after bus service ends. **CALL (434) 242-1122**
- | **CHARGE-A-RIDE** provides local taxi service for students with no ride and no money on hand. Charge the ride to your student account to pay later. No questions asked. **CALL (434) 295-4131**
- | **CAPS**: Join a support group, or get one-on-one support and referrals to other services. **CALL (434) 243-5150** to see how CAPS can best support you.
- | **WAHOOWELL** is a positive, free, brief, and confidential way to explore your strengths, goals, and motivations related to well-being. **CALL (434) 924-1512** to learn more.



If choosing to be sexually active, remember that consent cannot be given or granted by someone who is incapacitated by alcohol or drugs. **CONSENT IS FREELY GIVEN, EXPLICIT, ENTHUSIASTIC, AND CONTINUOUS.**