

ALCOHOL SAFETY 101

HOOR Knew?

3 out of 4 UVa first years have zero to three drinks on a typical Saturday night, and more than half have zero.*

Whether or not to drink is a big decision – and your decision alone. If you choose to drink, making smart choices can reduce the risk of negative consequences. Either way, **TAKE CARE OF YOURSELF AND YOUR FRIENDS**. If you feel uncomfortable, **LISTEN TO YOUR GUT**.

Protective Behaviors Reduce Risk When Going Out

- Stay with the same buddy or group the entire time
- Make plans to get home safely

If drinking:

- Eat food before and during drinking
- Set a drink limit in advance and stick to it
- Open or make your own drink or watch it being made (avoid punches that have already been mixed)
- Pace your drinks to one or fewer per hour
- Alternate non-alcoholic with alcoholic beverages

FAQs

Do two people drinking the same amount of alcohol feel the same effects?

Typically not. Level of intoxication depends on many factors, like height and weight, sex, food in the stomach, medications, mood, and sleep.

Are drinking games riskier than other social drinking?

They can be. Drinking games encourage the consumption of a lot of alcohol in a short time and put control of the amount, type, and spacing in the hands of another person or leave it up to chance. Staying in control when drinking is safer.

Will a cold shower or exercise sober someone up?

No. Alcohol in the bloodstream must be processed by the liver, and nothing can increase the speed. In fact, showering or exercising can be dangerous, because they can cause shock or injury.

Does it help to give a drunk friend food?

No. It won't help them recover, and forcing them to take food or water can cause gagging, vomiting, or choking.

OFFICE OF HEALTH PROMOTION
DEPARTMENT OF STUDENT HEALTH
UNIVERSITY OF VIRGINIA

DESIGNED BY XI HAN,
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How to Help a Friend

If someone has passed out, they need your help:

1. **MONITOR** them continuously - a sober person should stay with them.
2. **ROLL** them on their side to keep the airway open in case of vomiting or choking.
3. **CALL 911** immediately if they show ANY signs of alcohol poisoning.

Signs of Alcohol Poisoning

Remember **PUBS**:

- P**uking (while passed out)
- U**nresponsive to stimulation (a pinch or a shake)
- B**reathing (slow, shallow, or no breathing)
- S**kin (blue, cold, or clammy)

If you see any ONE of these signs, or aren't sure what to do, **call 911** immediately!

The **National Poison Control Hotline** (1-800-222-1222 – put it in your phone) provides **FREE, confidential medical advice** 24/7.

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86.6% of UVa students who have the opportunity stay and monitor a friend who is passed out.*

What to Expect When Getting Help

Student Health and the UVa Hospital **DO NOT** notify police or officials when a student is seen for an alcohol-related incident. Parents or guardians are notified only in life-threatening situations or if the student is under 18. Calling 911 for alcohol- or drug-related issues results in police and ambulance response to assist with care. In this case, police notify the Office of the Dean of Students for safety purposes.

Get Home Safely

Late-night **UTS bus service** runs every 15-20 minutes 12:30 a.m. – 2:30 a.m. (Thurs. – Sat.).

The **SafeRide** van (434-242-1122) transports students home. Service midnight – 7 a.m. (Sun. – Wed.) or 2:30 a.m. – 7 a.m. (Thurs. – Sat.). No transport for intoxicated students or groups of three or more.

Charge-a-Ride (434-295-4131) 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.

Add these numbers to your phone so you'll have them when you need them!