

ALCOHOL SAFETY 101

VOLUME 19 – ISSUE 2

Office of Health Promotion
 Department of Student Health
 University of Virginia

Being a part of the UVA community means looking out for fellow peers and fostering a safe environment for everyone. Take care of yourself and the people around you. If choosing to drink, using protective behaviors can reduce the risk of negative outcomes.

**HOO
 KNEW?**

On a typical Friday night, 65.3% of UVA students don't drink or have 3 or fewer drinks.*

MAKE A PLAN!

Heading out? Keep this checklist of protective strategies in mind to help take care of yourself, your friends, and your community.

HAVE YOU...

- Found a buddy or group of people to stick with the entire time?
- Planned a way to get there and back safely?
 - **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. **(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. **(434) 295-4131**
- Chosen not to drink or set a drink limit? Sticking to a plan helps people stay in control.
- Eaten a meal? Eating, especially protein, helps slow alcohol absorption.

WHILE OUT, BE SURE TO...

- Make the choices you want for yourself
- Open your own drink, or watch it being made.
- If drinking, pace drinks to one or fewer per hour, and space alcoholic beverages with water.
- Ensure that all your friends are with you or are have a solid alternate plan.

WATCH FOR AND RESPOND TO ALCOHOL OVERDOSE:

- P**uking (while passed out)
- U**nresponsive to stimulation (a pinch or a shake)
- B**reathing is slow or shallow, or no breathing
- S**kin is 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 provides FREE, confidential medical advice 24/7. **(800) 222-1222**

ADD THESE NUMBERS TO YOUR PHONE!

**HOO
 KNEW?**

94.1% of UVA students make sure a friend who is drinking is not left alone with a stranger.*

**HOO
 KNEW?**

Most UVA students call 911 (or ensure someone else calls) if a friend is showing signs of alcohol overdose.*

HOW TO HELP A FRIEND:

If someone is sick from alcohol, they need help. Monitor them. A sober person should stay with them continuously.

- 1 Roll them on their side to keep the airway open in case of vomiting or choking.
- 2 Call 911 immediately if they show ANY signs of alcohol overdose.



The BACCHUS Maneuver

WHAT TO EXPECT WHEN GETTING HELP:

- If seeking care at Student Health or the UVA Hospital for an alcohol- or drug-related incident, police or school officials are NOT notified. Parents or guardians are only notified in life-threatening situations or if the student is under 18.
- Calling 911 for alcohol- or drug-related incidents results in police response to assist with care. Police may notify the Office of the Dean of Students, who may follow up with the student for safety purposes.

IF CHOOSING TO BE SEXUALLY ACTIVE, remember that consent cannot be given by someone who is incapacitated by alcohol or drugs. True consent is freely given, explicit, enthusiastic, and continuous.

*From the February 2017 Health Survey with responses from 1,010 UVA students

**HOO
 KNEW?**

9 out of 10 UVA students stay and monitor a friend who is passed out.*