

Take care of yourself and your friends, whether or not choosing to drink. If choosing to drink, using protective behaviors can reduce the risk of negative consequences. If you ever feel uncomfortable, listen to your gut in deciding what to do next.

FAQs

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

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

Q: Are drinking games riskier than other social drinking?

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

Q: Will a cold shower or exercise sober someone up?

A: 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.

Q: Does it help to give an excessively drunk friend food?

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

Protective Behaviors Reduce Risk When Going Out

- ▲ Stay with the same buddy or group the entire time
- ▲ Make plans ahead of time to get home safely
- ▲ Eat food, especially protein, before and while 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 alcoholic beverages with water

COLLEGE

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, or aren't sure what to do, call 911 immediately!

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

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.



The BACCHUS Maneuver

HOO KNEW?
88.1% of UVA students 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 school 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 response to assist with care. In this case, police notify the Office of the Dean of Students, who follow up with the student for safety purposes.

HOO KNEW?

3 out of 5 UVA first years have zero to three drinks on a typical Friday night, and almost half have zero.*

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ALCOHOL SAFETY 101

Office of Health Promotion | Department of Student Health | University of Virginia

Talk to us at StallSeatJournal@virginia.edu!

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Get Home Safely

Late-night UTS buses run every 15-20 minutes 12:30 a.m. – 2:30 a.m. (Thurs. – Sat.).

The SafeRide van (434-242-1122) transports students home for FREE. Service midnight – 7:30 a.m. (Sun. – Wed.) or 2:30 a.m. – 7:30 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!

Want this poster for your room? Feel free to take me home September 11 - 15.

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