

ALCOHOL SAFETY 101

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

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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

FREQUENTLY ASKED QUESTIONS

- 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.

HOO KNEW?

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

SIGNS OF ALCOHOL POISONING

Remember **PUBS**:

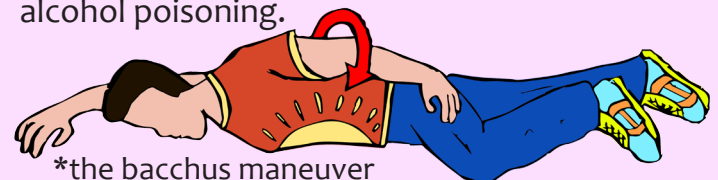
- P**uking (while passed out)
- U**nresponsive to stimulation (a pinch or a shake)
- B**reathing (slow, shallow, or no breathing)
- S**kin (blue, cold, or clammy)

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

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

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

GET HOME SAFELY

Late-night **UTS buses** run every 15-20 minutes
>Thurs. thru Sat. - 12:30 am to 2:30 am

The **SafeRide van** (434-242-1122) transports students home. No transport for intoxicated students or groups of three or more.

>Sun. thru Wed. - midnight to 7 am
>Thurs. thru Sat. - 2:30 am to 7 am

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!

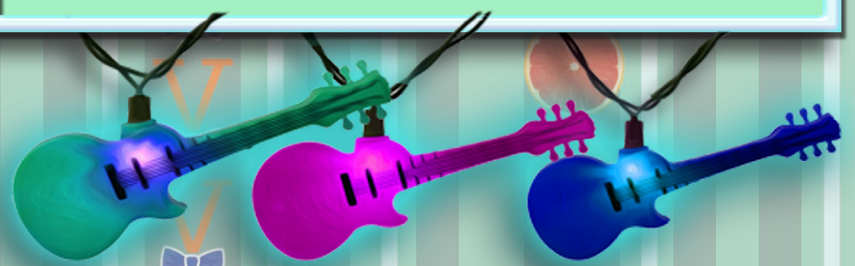
HOO KNEW?

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 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.

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CLASS OF 2017



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DEPARTMENT OF STUDENT HEALTH
UNIVERSITY OF VIRGINIA

*From the Spring 2015 Health Survey with responses from 931 UVA students