

ALCOHOL SAFETY 101

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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.

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 before any drinking? 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 alcohol with water.
- Ensure that all your friends are with you or are have a solid alternate plan.

**HOO
KNEW?**

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

**HOO
KNEW?**

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

WATCH FOR AND RESPOND TO ALCOHOL OVERDOSE:

Puking while passed out

Unresponsive to pinching or shaking

Breathing is slow or shallow, or no breathing

Skin is blue, cold, or clammy

If you see any ONE of these PUBS 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?**

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

HOW TO HELP A FRIEND:

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

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



The BACCHUS Maneuver

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. Staying present and cooperating with emergency personnel may protect against legal trouble, plus you could save a life.
- If present, police may notify the Office of the Dean of Students, who may follow up 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.*