ALCOHOL POISONING

NOTICE **CUPS?** TAKE **CARE!**



KNOW THE SIGNS

- **C**old, clammy or blue skin. If a person has darker skin, check for pale lips or nail beds.
- **U**nconscious or **U**nresponsive to pinching or shaking.
- **P**uking while passed out or asleep.
- **S**low, shallow or no breathing.

IF YOU SEE EVEN ONE SIGN

TAKE **C.A.R.E.!**

- **C**all Public Safety (on campus) or 9-1-1 (off campus).
- **A**ngle the person on their side to prevent choking on their vomit.
- **R**emain with the person until help arrives. Do NOT let them sleep it off.
- **E**mpowered by the University's Good Samaritan Policy.

PLAN AHEAD

- Eat a meal before going out.
- Know your limit.
- Drink a glass of water after every alcoholic drink.

ON CAMPUS: Public Safety

(651) 962- 5555 (emergency)

(651) 962-5100 (non-emergency)

OFF CAMPUS: 9-1-1

What does one drink look like?



Beer
12 oz.



Wine
5 oz.



Liquor
1.5 oz. (80 proof)



Mixed Drink
1.5 oz. shot/mix

Under Minnesota state law, individuals under the age of 21 are not permitted to possess or consume alcohol.

University of St. Thomas' Good Samaritan Policy

Students who seek medical help for an intoxicated or impaired friend will not face any formal disciplinary actions for their own substance use.

University of St. Thomas Alcohol and Drug-Free University Policy

UNIVERSITY OF St.Thomas®

Center for Well-Being