

Alcohol poisoning

Drinking too much too fast raises your blood alcohol concentration (BAC) to the point of depressing the areas in your brain that control breathing, heart rate, and level of consciousness. As a result you may slip into a coma that can progress to death.

HALDIMAND-NORFOLK
HEALTH UNIT

519.426.6170 / 905.318.6623 (free from 905)

symptoms of Alcohol Poisoning

- Unconscious, "sleeping", passed out – you cannot wake the person up
- Cold, clammy, pale or bluish skin
- Slow and laboured breathing
- Vomiting while "sleeping" or passed out, and not waking up after vomiting

Seek medical help immediately if you see any of these symptoms in someone who has been drinking.

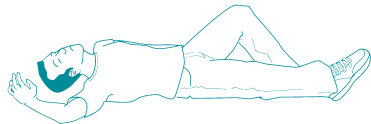
When it comes to someone's life, it's simply not worth taking risks. Get help even if the person is underage.

what you need to do

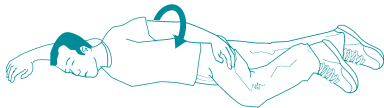
- Call 911
- Use the Bacchus Manoeuvre to roll the person on their side to prevent them from choking if they vomit (See instructions on reverse side)
- Do not leave the person alone. Stay with them and monitor their breathing until medical help arrives

the Bacchus Manoeuvre

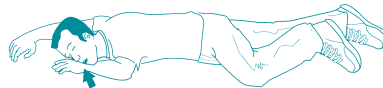
1 Raise the person's closest arm to you above his/her head. Prepare to roll him/her towards you.



2 Gently roll the person as a unit toward you. Guard his/her head as you roll him/her.



3 Tilt head to maintain open airway. Tuck nearest hand under cheek to help maintain head tilt.



Do not leave the person alone. Stay with them until medical help arrives.