



Know Your
Neuro

ALCOHOL OVERDOSE/POISONING WALLET CARDS

Never leave a friend who has been drinking. The only factor that sobers someone up is time. Know how to identify and act when someone is in danger. Cut out the wallet card or take a picture of it and store in your phone, just in case you ever need it.

Know Your
Neuro **SIGNS of Alcohol Overdose/Poisoning**

- Mental confusion, cloudy judgment
- Decreased motor coordination
- Vomiting, seizures, passing out
- Slow or irregular breathing
- Slow heart rate
- Clammy, pale, or bluish skin
- Extremely low body temperature
- Amnesia or blacking out
- Increase of violent acting out

TAKE ACTION NOW

WHAT TO DO

- Check for slow or irregular breathing
- Call their name and shake them to wake them up
- Call 911. Stay with them until first responders arrive
- Provide information to 911 responders
- Keep them sitting upright and leaning forward to prevent choking

WHAT NOT TO DO

- Do not worry about getting in trouble
- Do not assume they can sleep it off
- Do not wait for them to exhibit all the signs, such as pale skin or stupor
- Do not encourage a cold shower, vomiting, or give them food or coffee
- Do not leave them alone!

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