

## Party Tips For Students

**It is illegal for students under 19 to drink alcohol.**

### What to do if your friend is intoxicated...

- Encourage your friend to drink non-alcoholic beverages or water for dehydration.
- Do not allow your friend to take medication/drugs (including over-the-counter) if they have been drinking alcohol. It could have deadly consequences.
- Keep your friend awake. Keep talking to them.
- Don't leave them alone. Make sure that someone of trust is with the individual at all times to ensure their safety. Your friend is at risk for injuries and sexual assault.
- Have a trusted sober driver take him/her home if there is someone at home to care for him/her. Do not allow your friend to drive any vehicle.
- Call your friend's parents.
- If your friend is conscious and vomiting profusely or unconscious, call an ambulance. This way your friend will receive the treatment needed. It could save their life. An upset friend is better than a dead one.
- Place the individual in the recovery position. This is a safe position for drainage of vomit and the prevention of choking.

For more information call the Health Promotion Division, at 522-9200, ext. 257.

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*We at the Sudbury and District Health Unit would like to encourage you to celebrate safely. If you are planning to drink or serve alcohol, please include some of these practical tips to ensure that you have a safe and enjoyable evening.*

### Tips to Avoid Drinking Too Much:

- A**void drinking on an empty stomach.
- D**rink non-alcoholic beverages to quench your thirst.
- D**on't offer alcohol to friends whom you can see are already intoxicated.
- H**ave an alcohol free evening.
- A**lternate alcoholic with non-alcoholic drinks.
- P**ace your drinking.
- D**ilute drinks with mixers.
- D**on't mix alcohol and drugs/medications.

## The Standard Drink

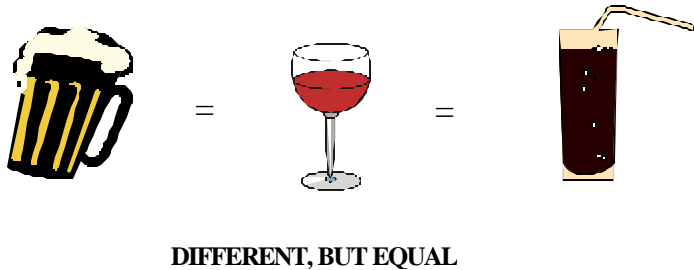
5 oz. (142 ml) table wine

12 oz. (341 ml) beer

1½ oz. (43 ml) liquor

*Each serving contains the same amount of alcohol.*

### How much Alcohol is there in a Drink?



*All of these drinks contain 0.6 oz of pure alcohol.*

## Hazards of Drinking Too Much:

- Alcohol is a poison.
- Intoxication occurs when the poison builds up in the body faster than the body can process it.
- Intoxication can range from mild to extreme.
- Decreased inhibition and flushed skin are signs of mild intoxication.
- More obvious signs of intoxication are staggered gait, slurred speech, memory loss and vomiting.
- Intoxication and alcohol poisoning are often a result of binge drinking.
- Even when the person quits drinking the levels of alcohol can continue to rise while the body processes the alcohol.
- Drinking games are dangerous.
- This build up of toxins can lead to alcohol poisoning. **It is the same as an overdose of any drug-it can kill you!** It can cause loss of consciousness, damage to the brain, liver, heart and kidneys and even death.
- Intoxication also puts you at risk for injuries, unprotected sex and its consequences, sexual assault, and all kinds of other dangerous situations because your judgement is off.

**So control your intake of alcohol and learn to recognize the signs and symptoms of intoxication and alcohol poisoning.**