Alcohol Poisoning

Alcohol poisoning may be present if a person:

- Has cold, damp or bluish skin color...they are not getting enough oxygen.
- Is vomiting and does not wake up...choking on one's vomit can lead to suffocation.
- Has severe dehydration from vomiting.
- Has a fever or the chills or is sweating heavily.
- Seems to be unusually paranoid, confused, disoriented, or has a seizure.
- Is "passed out" (semi-conscious or unconscious) and can't be awakened...alcohol is a depressant of the central nervous system.
- Is breathing slowly (fewer than eight breaths per minute), a respiration rate that is irregular (more than 10 seconds between breaths), or stops breathing...depressant effects are affecting the brain.

GET HELP or CALL 911 IF ANY SYMPTOMS OF ALCOHOL POISONING EXIST!

- There are no absolutes regarding alcohol poisoning. The list above contains some of the potential signs of acute alcohol poisoning.
- A person may have one or all of the symptoms. However, there is no guarantee that if a person is breathing nine times a minute they will be fine, or if they are breathing seven times a minute they will die. Alcohol tolerance varies between individuals.
- Blood Alcohol Concentration (BAC) may actually increase long after the last drink was consumed, therefore a semi-conscious person should be constantly monitored.
- If you are at all concerned, don't hesitate to get help. It can be dangerous to assume a person will be fine by "just sleeping it off."
- Better safe than sorry! Don't let fear about how your friend may respond tomorrow prevent you from acting and getting help immediately.

If the person is vomiting, keep them upright or place them on the floor in the fetal position and constantly monitor them so they do not breath in and choke on their own vomit.

Funding in part provided by the City of Manhattan
Party Smart

♦ MAKE YOUR OWN MEASURED DRINKS (FROM YOUR OWN BOTTLE).
♦ DO NOT ACCEPT A DRINK FROM A PUNCH BOWL OR OPEN CONTAINER.
♦ FOR A SAFE RIDE HOME, ALWAYS DESIGNATE A "SOBER" DRIVER.
♦ NEVER ACCEPT A DRINK FROM SOMEONE YOU DON'T KNOW AND TRUST.
♦ ALWAYS EAT A FULL MEAL BEFORE YOU DRINK.
♦ IF NEEDED, CALL KSU SAFERIDE AT 539-0480 FOR A FREE RIDE HOME.
♦ AVOID PARTICIPATING IN DRINKING GAMES.
♦ SET A "PARTY SAFE" LIMIT FOR HOW MANY DRINKS YOU ARE GOING TO HAVE AND STICK TO YOUR DECISION.
♦ BE CAUTIOUS WHEN DRINKING IF YOU ARE HUNGRY, ANGRY, LONELY OR TIRED (H.A.L.T.).
♦ ONLY CONSUME ALCOHOL FROM BOTTLES OR CANS THAT YOU OPEN YOURSELF.
♦ NEVER LEAVE YOUR DRINK UNATTENDED. IF YOU LEAVE YOUR DRINK UNATTENDED, GET A NEW ONE.
♦ DON'T DRINK ANYTHING THAT HAS AN UNUSUAL TASTE OR APPEARANCE (SALTY TASTE, EXCESSIVE FOAM, UNEXPLAINED RESIDUE, ETC.).
♦ IF YOUR DATE OR "FRIEND" OFFERS TO GET YOU A DRINK, ACCOMPANY HIM OR HER AND WATCH THE BARTENDER MAKE YOUR DRINK.
♦ PARTY IN GROUPS, NEVER LEAVE WITHOUT ACCOUNTING FOR EACH OTHER AND ALWAYS PRE-PLAN A SAFE RIDE HOME.
♦ REMEMBER, SAYING "NO" IS ABSOLUTELY FINE. A LOT OF FOLKS CHOOSE NOT TO DRINK ALCOHOLIC BEVERAGES. APPROXIMATELY .18 PERCENT OF KSU STUDENTS DO NOT DRINK ALCOHOLIC BEVERAGES.
♦ IF YOU SUSPECT SOMEONE HAS CONSUMED A TAMPERED DRINK OR A SEDATIVE-LIKE SUBSTANCE, CALL IMMEDIATELY FOR AN AMBULANCE OR TAKE THE PERSON TO A HOSPITAL EMERGENCY ROOM.

REMEMBER...YOU ARE RESPONSIBLE FOR YOUR DECISIONS ABOUT WHEN YOU DRINK AND HOW MUCH YOU DRINK.
Blood Alcohol Concentration (BAC)

One “Drink” equals 12oz. beer or 5oz. wine or 1oz. 80 proof alcohol

- A BAC of 0.08% constitutes legally drunk in the state of Kansas.
- BAC does not tell you how you are going to act when drinking.
- A tolerance level for alcohol varies among different individuals.
- Carbonated beverages speed up the rate of alcohol absorption.
- Food slows the rate of alcohol absorption.
- Medications (prescription and Over The Counter) and illicit drugs may affect one’s BAC.
- It takes 8 ounces of water and about an hour for each “drink” to be metabolized in the liver and eliminated from the body.
- Females may experience higher BAC levels than men due to lower average body weight, lower body-water content, birth control usage, premenstrual cycle, and less alcohol-metabolizing stomach enzyme.
- For certain psychological and physical reasons, individuals should not consume alcohol (if they have a family history of alcoholism, are on anti-depressants, on antibiotics, on ADD/ADHD medications, depressed, pregnant).

Alcohol Myths

- Alcohol will not make you gain weight.
- You can’t be an alcoholic if you only drink beer.
- Alcohol addiction is the result of moral weakness.
- Doctors recommend alcohol use.
- Alcoholics are drunkards who live on the streets.
- You drive better when you drink alcohol.
- Black coffee will help you sober up.
- Alcohol is a sex stimulant/aphrodisiac.
- Alcohol warms you up and keeps you warm.
- Alcohol helps cure a cold.
- A long walk will help you sober up.
- Drinking alcohol helps you sleep better.
- You’ll get drunker drinking alcohol through a straw.
- College educated persons drink less than high school grads.
- A full shot glass contains only one ounce of liquid.
- If you eat a lot of food it will sober you up.
- Whiskey on beer, never fear. Beer on whiskey, mighty risky.
- A cold shower will sober you up.
- All alcoholics drink in the morning.
- You are not an alcoholic unless you drink at least a pint a day.
- A drink in the morning will help get you over your hangover.
KANSAS DRINKING LAWS
Effective July 2007

D.U.I. LAWS IN KANSAS
No person shall operate or attempt to operate any vehicle when the alcohol concentration in the person’s blood or breath is 0.08 percent or higher. It is also against the law to operate or attempt to operate any vehicle while under the influence of any drug, any combination of drugs, or any combination of alcohol and drugs to the degree it renders the person incapable of safely driving a vehicle. A law enforcement officer may request a person who is operating a vehicle to take a preliminary breath test. Refusal to take and complete the test is a traffic infraction, usually resulting in a fine. Refusal to take the breath, blood, or urine test offered at the police station will result in suspension of driving privileges for one year on first offense. On a first offense, if a person takes the test and fails it with a blood alcohol level of 0.08 percent to 0.14 percent, driving privileges are lost for 30 days and restricted for the following 330 days. If the blood alcohol concentration is 0.15 percent or above, driving privileges are lost for one year AND restricted for an additional year with the use of an ignition interlock device. A repeated offense results in one-year suspension of driving privileges followed by a two-year restriction with an ignition interlock device.

PENALTIES FOR D.U.I. CONVICTIONS
1st Conviction (Class B, nonperson misdemeanor)
A. 48 hours to 6 months jail time and/or 100 hours of community service
B. $500 to $1,000 in fines
C. Action taken against driving privileges as outlined above.
D. Successful completion of alcohol and drug information school and/or treatment
2nd Conviction (Class A, nonperson misdemeanor)
A. 90 days to one year jail time (must serve 5 days)
B. Fines from $1,000 to $1,500
C. If the sentence is less than 90 days, offender must complete an alcohol/drug treatment program
D. Action taken against driving privileges as outline above.

RESOURCES
KSU Counseling Services
English/Counseling Services Bldg.
Phone: 532-6927

KSU Alcohol & Other Drug Education Service
Director: Bill Arck
214 English/Counseling Services Bldg.
Phone: 532-6927

Alcoholics Anonymous
Noon Meeting (Mon.-Sat.)
Blue Valley United Methodist Church
835 Church Ave.
Phone: 537-9260

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The intent of Higher Education is to provide accurate, timely information representing the current state of alcohol/drug knowledge. Keep in mind that research on these matters continues daily and is subject to change. It is our intention to keep you informed, not to diagnose or treat illness. For personal alcohol and other drug problems, please consult your physician or counselor.

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