How to take care of a drunk person…

Remember: The only ways to lessen the effects of alcohol are dialysis and time. Dialysis is inconvenient. The time will vary from person to person.

Don’t…

… give the person any drugs Even aspirin. Mixing chemicals can be very dangerous.
… give the person any coffee Stimulants will not counter the effect of alcohol.
… give the person a cold shower Actually, the shock of a cold shower can cause fainting.
… try to keep the person awake A tired drunk person is easier to deal with than an awake drunk person.
… walk or exercise the person It doesn’t help and isn’t appreciated.
… induce vomiting Semi-conscious people can easily choke.
… constrain the person You can get hurt in the process.
… try to be logical A drunk person will always think he/she is right.
… take any abuse Drunk people can be violent. You shouldn’t have to take any abusive language or behavior. Call for help in this situation (RA, Hall Director, Security, Police, etc.).

Do…

… assess the situation Determine if this is life-threatening (for example, unconsciousness).
… have someone help you You should not have to help alone. Someone should stay with a person in danger until more help arrives.
… know your own feelings You don’t have to dislike the person to dislike their behavior. It’s okay to be angry or afraid.
… keep your distance Before approaching, explain what you are going to do simply, clearly, and in a reassuring manner.
… keep the person lying on side Also, monitor their breathing if the person has passed out. Unconscious drunken people can choke on their own vomit.

Who to Call:

<table>
<thead>
<tr>
<th>Is the situation life-threatening?</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Call 9-911 and report situation and location. Then call Security (x4444) and do the same.</td>
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