

ALCOHOL POISONING

SIGNS AND SYMPTOMS

- Confusion
- Severely slurred speech
- Co-ordination loss
- Vomiting
- Slow or irregular breathing
- Pale or blue tinged skin
- Being unresponsive
- Unconsciousness

In most severe cases, alcohol poisoning can lead to coma, brain damage and death.

WHAT SHOULD YOU DO?

If you suspect alcohol poisoning, dial 999 immediately. While you're waiting;

- Keep them sitting up and awake
- Give them water
- If they have passed out, lie them on their side in the recovery position
- Check they're breathing
- Keep them warm
- Stay with them

WHAT SHOULD YOU NOT DO?

- Never leave them alone to 'sleep it off'
- Do not give them coffee
- Don't put them under a cold shower

IT'S ALWAYS BETTER TO BE SAFE THAN SORRY. IF YOU HAVE ANY DOUBTS ABOUT ALCOHOL POISONING PLEASE CALL 999 FOR AN AMBULANCE.

IT'S IMPORTANT TO AVOID MISUSING ALCOHOL AND TO BE AWARE OF HOW MUCH YOU'RE DRINKING AND THE EFFECT THIS COULD HAVE ON YOUR BODY. FOR MORE INFORMATION PLEASE VISIT THE NHS WEBSITE OR SCAN HERE.

