

A Message from the Chancellor to the LSU Community

We must be vigilant in our efforts to reduce excessive drinking. We must take care of each other by intervening with friends who drink too much or too frequently, and we must work even harder to drive these messages home. I have asked the University's Wellness Education Department to increase its ongoing efforts to address these serious problems. We ask everyone to become a partner in fostering a healthier and safer community by reducing excessive and underage drinking.

Below are vital tips on how to recognize and respond to alcohol overdose as well as important emergency numbers for you to keep handy. Together, we can solve this problem.

Alcohol Poisoning: Recognizing It

Alcohol poisoning is a serious condition that occurs whenever a person overdoses on alcohol; it could result in death. Signs include:

- Person is known to have consumed large quantities of alcohol in a short period of time.
- Person is unconscious and cannot be awakened. If a person is **“passed out,”** he or she is not **“sleeping it off.”** He or she is in a state of unconsciousness and may **need immediate help.**
- Person vomits while passed out and does not awaken after.
- Person has cold, clammy, unusually pale or bluish skin, and pupils are dilated.
- Person is breathing slowly or irregularly: less than 8 breaths a minute, or 10 or more seconds between any two breaths.
- Person does not respond to pain stimuli.

Alcohol Poisoning: Responding To It

- Check the person's breathing on a regular basis. A good way to remember what to do is to follow the **“ABCs”**:
 - Airway:** see that the person's air passages are clear of debris
 - Breathing:** see that the person is breathing normally
 - Circulating:** feel for a discernible pulse
- Call 911 immediately if his or her breathing or pulse is weak.
- Don't leave the person alone. The alcohol ingested could be absorbed to toxic levels while the person is passed out. Blood Alcohol Content (BAC) of 0.3 - 0.4 is sufficient to cause death.
- Remember, a person's life is more important than legal repercussions for underage drinking.
- Stand by your decision; stand up for your act of friendship.

Emergency Numbers

Emergency Medical Response	911
LSU Police Department	578-3231
LSU Student Health Center	578-6271

