

Making Safer Choices

Questions to think about as semester projects pile up and we move towards Quadmania (QM) and other great spring events:



What are your plans for quadmania weekend?

What are your friends planning to do?

Where are you thinking about spending time with friends?

How are you doing with your current classwork?

Do you know the signs of intoxication and alcohol poisoning?



INTOXICATION

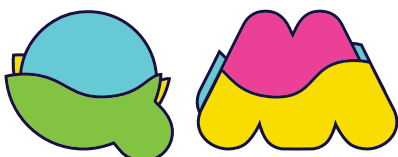
- STAGGERS, SWAYS WHILE ATTEMPTING TO STAND STILL; HOLDING ON TO BAR, CHAIR, ETC
- STOPS TALKING IN MID-SENTENCE
- SLURRED SPEECH OR SPEAKING VERY SLOWLY AND DELIBERATELY
- SLOWED REFLEXES
- VOMITING
- REDUCED JUDGMENT/ CHANGE IN BEHAVIOR
- ARGUMENTATIVE
- OVERLY FRIENDLY

ALCOHOL POISONING

- MENTAL CONFUSION, STUPOR, COMA, OR PERSON CANNOT BE ROUSED
- SLOW BREATHING (FEWER THAN EIGHT BREATHS PER MINUTE)
- IRREGULAR BREATHING (10 SECONDS OR MORE BETWEEN BREATHS)
- HYPOTHERMIA (LOW BODY TEMPERATURE)
- BLUISH SKIN COLOR
- PALENESS
- VOMITING
- SEIZURES

[CALL CAMPUS POLICE IMMEDIATELY]

- Substance use is not limited to alcohol, i.e. marijuana and unauthorized prescriptions.
- Although police and staff will be at the events and residential areas enforcing policy and law, they are also there to help you.
- If attendees show up and are intoxicated, they will not be permitted to enter the events.
- Discuss alternatives of interest with friends if QM just isn't your/their thing.



DEVELOPED BY THE DoSA ALCOHOL AND OTHER DRUG COMMITTEE
CONTACT JACKI STONE OR SAMANTHA SMITH WITH QUESTIONS