

A person who is drunk is at increased risk of injury.
However, the risk can often be reduced or avoided.

If a Friend Gets DRUNK

The key to preventing harm which may result from drunkenness is to stay with the person whose ability to speak, walk, stay awake or communicate is clearly impaired.

- Only 5% of NIU students agree that a frequent "drunk" is okay if that's what the individual wants to do. Since most NIU students drink moderately, most students do not experience frequent drunkenness. Also, most students did not hurt themselves (80%) or anyone else (94%) as a consequence of their drinking, and nearly all (97%) of NIU students do not approve of an occasional "drunk" which interferes with academics and other responsibilities.
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Below are specific suggestions for dealing with people who are impaired from excessive use of alcohol:

DO

- Speak in a calm, reassuring manner.
- Keep the person still and comfortable.
- Stay with a person who is vomiting.
- If the person is lying down, have him/her face down or with the head turned to the side to prevent choking.
- Monitor the person's breathing. Call for medical advice if the person's breathing rate is less than 10 breaths per minute.
- Especially monitor anyone who has participated in drinking games or chugging contests. Watch them for at least 2 hours after drinking stops.

NIU RESOURCES

- ▶ Health Services 753-1311
- ▶ Health Enhancement 753-9755
- ▶ Late Night Ride Service 753-2222
- ▶ Huskie Student Patrol 753-9679
- ▶ www.health.niu.edu

DON'T

- Don't assume he/she is okay.
- Don't laugh at, ridicule or provoke the person.
- Don't attempt to restrain the person.
- Don't allow the person to drive a car or a bicycle.
- Don't allow the person to walk outside alone.
- Don't try to sober up the person by giving food, coffee, or other substances orally; it may only upset his/her stomach more. Time is the only thing that can make someone sober.

If a friend's condition appears to be a medical emergency, do not hesitate to call 911.

COMMUNITY RESOURCES

- ▶ Kishwaukee Hospital Emergency 756-1521
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- ▶ Ben Gordon Substance Abuse Program 756-4875

