

# Alcohol Poisoning

Alcohol overdose occurs when a person has a blood alcohol content (BAC) sufficient to produce impairments that increase the risk of harm



Alcohol overdoses can range in severity, from problems with balance and slurred speech to coma or even death



## Signs of Alcohol Poisoning

Mental confusion, stupor, coma, or inability to wake up

Vomiting

Seizures

Slow breathing (fewer than 8 breaths per minute)

Irregular breathing (10 seconds or more between breaths)

Hypothermia (low body temperature), bluish skin color, paleness



## What Happens to Someone with Alcohol Poisoning that goes Untreated

Choking on his or her own vomit

Breathing that slows, becomes irregular, or stops

Heart that beats irregularly or stops

Hypothermia (low body temperature)

Hypoglycemia (low blood sugar) which leads to seizures

Untreated severe dehydration from vomiting which can cause seizures, permanent brain damage, and, death

## What to do If You Suspect That Someone has Alcohol Poisoning

Know the danger signs



Do not wait for someone to have all the symptoms



Be aware that a person who has passed out may die



If you suspect an alcohol overdose, get medical help immediately



Adapted from  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)



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