



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## What is Alcohol Poisoning or Overdose?

**Alcohol poisoning** (also called **alcohol overdose**) occurs when there is so much alcohol in a person's bloodstream that areas of the brain controlling basic life-support systems—such as breathing, heart rate, and temperature control—begin to shut down.

Symptoms of alcohol poisoning include:

- *Confusion*
- *Difficulty remaining conscious*
- *Vomiting*
- *Seizures*
- *Trouble with breathing*
- *Slow heart rate*
- *Clammy skin*
- *Dulled responses, such as no gag reflex (which prevents choking)*
- *Extremely low body temperature*



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events that took place while he or she was drinking. When a blackout happens, a person's brain does not create memories for these events as they are happening. For people who have had a blackout, it can be frightening to wake up the next day and not remember what they did the night before.

## How can I help someone who has overdosed?

If you suspect someone has alcohol poisoning, call 911 and get medical help immediately. Cold showers, hot coffee, or walking will NOT reverse the effects of alcohol overdose and could actually make things worse.





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Symptoms of alcohol poisoning include:

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