

Front

ALCOHOL FIRST AID



What You Should Do
When a Friend is
Intoxicated



Paid for by the Oklahoma Department of Mental Health & Substance Abuse Services, and the Substance Abuse & Mental Health Services Administration

Back

DO...

1. Help the person to a safe place
2. Speak in a calm, strong voice
3. Call for help if person is in a life threatening situation
4. Lie them on their side with knees up in case they vomit
5. Check breathing every 15min
6. Allow for time. Only time will sober someone up

source: "Alcohol First Aid." Morgan State University

DON'T...

1. Give a cold shower; may pass out from the shock
2. Try to walk them around
3. Start a fight be arguing or laughing at them
4. Chastise them; confront the behavior later
5. Give them anything to eat or drink
6. Give them any medications
7. Try to induce vomiting