Recognize when someone needs help

**C U P S**
- Cold, clammy skin
- Unconsciousness
- Puking excessively
- Slowed breathing

We only need one sign to show we have alcohol poisoning

**Good Samaritan Law/CA Lifeline Law**

- Call 911 if someone has alcohol poisoning
- There is limited immunity for minors by being the first to call, staying on the scene, and working with EMS

When in doubt, call 911

1. While waiting, put them in the recovery position to prevent them from choking
How many college students drink?

From the 2018 ACHA-NCHA II data, only 54% of CSUF students used alcohol in the last 30 days, while the perceived use was 93%.

Put these strategies into practice:

- Alternate alcoholic and non-alcoholic drinks
- Eat foods high in fats and protein before and while drinking
- Keep track of standard drinks (we process one drink per hour)
- Have a plan regarding transportation and use buddy system
- Only time can help us sober up

Logos for Titanwell Health Promotion Services and California State University Fullerton Student Wellness.