Do’s and Don’ts for the Immediate Care of a Person Who Is Intoxicated

DON’Ts

• Don’t give the person any drugs (not even aspirin) to sober them up.

• Don’t give the person coffee, tea or other liquid stimulants to sober them up.

• Don’t give the person a cold shower; the shock may cause the person to pass out, and possibly injure him/herself.

• Don’t try to walk, run or exercise the person who is intoxicated.

• Don’t attempt to restrain the person.

• Don’t let the person drive a vehicle. Secure keys, call a cab, or provide transportation with a designated driver.

• Don’t lecture the person. This is an inappropriate time to try to change behaviors.

DOs

• If possible, assess whether the person is in a life-threatening health crisis. Symptoms of alcohol poisoning may include the following:
  • unconsciousness or semi-consciousness
  • slow respirations (eight or fewer breaths per minute)
  • cold, clammy, pale or bluish skin
  • strong odor of alcohol present

The above are obvious signs of alcohol poisoning, although not all-inclusive. If any of the above signs are present call, Security at x3311 or call 911 immediately.

• Keep the person comfortable, but don’t reinforce drinking behavior.

• If the person is put to bed, make sure they are lying on his/her side, not on his/her back.

• If you put a person to bed, monitor his/her breathing for several hours. Stay with him/her, as his/her condition may worsen.

• Call for assistance from Security at ext. 3311 if there is fear of violence.

• Seek help if you are concerned. It’s better to get help than to lose a friend or fellow student.

Further information is available from Counseling, Health and Wellness Service located in Wheelock Student Center room 216, telephone 253.879.1555.