

? When to call for HELP... ?

Here's what to do when the person:

? is having difficulty breathing: If the person is not breathing normally or if he/she stops breathing, call Public Safety or "911" IMMEDIATELY.

? is vomiting: Try to keep the person sitting up. If they insist on lying down make sure they do so in a fetal position with head rotated to the side. Keep an eye on them to guard against choking (they will roll). If they have stopped vomiting, it is not necessary to monitor them vigilantly. Make sure they re-hydrate later.

? has passed out: Try to wake the person up. If you can't, turn their head to the side and call Public Safety or "911".

? has a fever or the chills: Or skin that is cold, pale, bluish in color or sweaty: call the ER, describe the symptoms and get advice on what to do or call Public Safety or "911".

Never Ever. . .

Put an intoxicated person in a cold shower.

Why not? The shock of the cold could cause them to become unconscious, or The person could slip, hit their head and end up with a concussion.

Give an intoxicated person food, liquid, or any kind of medicine to sober them up.

Why not? Anything in the mouth of a semiconscious person can cause vomiting, choking, or inability to breathe.

Allow the person to exercise.

Why not? The likelihood is that the drunk person will injure him or herself or you.



