

Binge/Heavy Drinking First Aid Checklist

DO's

of Binge/Heavy Drinking Safety

- Do assess if person is in life-threatening situation. Get help if needed (Dial 911, PMO, Duty Officer, etc.). Do NOT leave the person alone.
- Do get the person to a comfortable and safe place.
- Do lay the intoxicated person on his/her side with knees up so he/she won't choke if he/she vomits.
- Do check breathing every 15 minutes.
- Do allow time, only time will sober up a person.
- Do monitor him/her closely.

DON'Ts

of Binge/Heavy Drinking Safety

- Don't give him/her a cold shower, the shock may cause the person to pass out.
- Don't walk him/her around, lack of coordination makes this difficult.
- Don't counsel the person, this may escalate the situation, deal with behavior later (when he/she is sober).
- Don't induce vomiting.
- Don't give him/her anything to eat/drink—it will not help and may cause choking.
- Don't give any drugs, painkillers, sleeping pills, depressants, etc. This will not sober him/her up and the combination increases the risk of severe or fatal reactions.

Checklist is informed by the Counseling Center of Morgan State University.