You may like to try a luscious non-alcohol cocktail

**If not**
You already know that drinking alcohol to excess affects judgement and can increase risky behaviour that could result in:

- Injuries and accidents
- Unsafe sex, which could result in sexually transmitted infections and unplanned pregnancies
- Being robbed or going home with a stranger
- Fights, arguments and relationship problems

So a reminder

- Eat before you start drinking or when you’re out
- Drink water regularly to stay refreshed and rehydrated
- Take condoms...... just in case

- Look after your friends.
First Aid

Alcohol poisoning is dangerous. It can lead to a coma and sometimes death, especially from inhalation of vomit.

Someone may have alcohol poisoning if:

- They are breathing less than twelve times a minute or stop breathing for periods of ten seconds or more.
- They’re asleep and you can’t wake them up.
- Their skin is cold, clammy, pale and bluish in colour.

If you suspect someone has alcohol poisoning, treat it as a medical emergency - call an ambulance and stay with the person until help arrives

If someone loses consciousness after drinking too much:

- Keep them on their side with their head turned to the side (the recovery position).
- Make sure they’re breathing and their mouth and airways are clear.
- If they stop breathing, start mouth to mouth resuscitation.
- Loosen any tight clothing that might restrict their breathing.
- Keep them warm (but not too hot) - with blankets or a coat.
- Call an ambulance but don’t leave them.

If someone vomits you should:

- Try to keep them sitting up.
- If they must lie down, make sure they’re in the recovery position and that their mouth and airway are clear.
- If they begin to choke, get help immediately.
- Don’t leave them even if you can’t bear the sight or smell of someone vomiting.