

WARNING SIGNS OF ALCOHOL POISONING :

- Inability to wake the person up, or for them to stay awake for more than 2-3 minutes
- Slow or irregular breathing
- Skin that is cold, clammy, pale, or bluish
- Vomiting while passed out or not waking up after vomiting

RESOURCES

If you suspect alcohol poisoning or acute toxic psychosis:

Call 911

Washington Poison Center
800.222.1222

Harborview Medical Center's CareLine
206.731.2500

For more information or referrals for assessments/treatment:

UW Psychological Services and Training Center
206.543.6511

UW Counseling Center
206.543.1240

UW Hall Health Mental Health Clinic
206.543.5030

UW Health & Wellness
206.543.6085

Washington Recovery Help Line
866.789.1511 // warecoveryhelpline.org

WHEN TO BE CONCERNED & WHAT TO DO

ALCOHOL & MARIJUANA

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ALCOHOL POISONING

Alcohol poisoning is a risk associated with drinking large amounts of alcohol in a single occasion, no matter a person's level of experience with drinking or their tolerance level.

Because alcohol is a central nervous system (CNS) depressant (meaning it slows down the CNS), alcohol poisoning can occur when blood alcohol levels are high enough that breathing and heart rate slows or stops.

Depending on rate of drinking, blood alcohol levels can continue to rise after a person has stopped drinking.

IF YOU SUSPECT ALCOHOL POISONING :

Call 911 if you see any of the warning signs/symptoms, particularly if you also suspect the person has combined substances.

Washington State's 911 Good Samaritan Law

protects individuals who call 911 for help (and the person they're calling about) from possession charges.

Learn more:

stopoverdose.org/law.htm

If you are concerned, call. It is always better to call for immediate medical attention.

MARIJUANA

MARIJUANA USE CAN BE ASSOCIATED WITH :

sleep difficulties
decreased attention, memory, and concentration
risk of addiction
anxiety
depression
psychosis

These effects can be more pronounced with heavier use and/or higher potency.

IF YOU ARE CONCERNED : CALL 911

An acute toxic psychosis can require medical intervention. As with alcohol, Washington's 911 Good Samaritan Law applies.

SIGNS OF ACUTE TOXIC PSYCHOSIS :

hallucinations
(seeing/hearing/feeling things that aren't there)

delusions
(believing something is happening that is not)

depersonalization
(complete out of body feelings)

Acute toxic psychosis may be more likely when marijuana is orally ingested. "Edibles" have a lag of 30-60 minutes *(in some cases, up to 2 hours)* before a person feels the effects, so people could inadvertently take more than they are intending.

CALL 911

IF YOU SUSPECT ALCOHOL POISONING :

Keep watch over the person, and be prepared to call for 911 if anything worsens.

Don't leave them alone to "sleep it off" – if they insist on sleeping, have them lie on their side.

Because only time will help bring down a person's blood alcohol level, do not encourage them to throw up or give them food or water, since each of these introduce a choking risk (and won't help their blood alcohol level). Coffee, exercise, or a cold shower won't work either.