

Not sure if it's alcohol poisoning or a drug overdose?

**Just Call  
911.**

If someone has any warning signs, call 911.

# Warning Signs

## for Alcohol Poisoning

Never assume that a person will “sleep off” alcohol poisoning. Even when someone is unconscious or has stopped drinking, alcohol continues to be released into the bloodstream and the blood alcohol level in the body continues to rise.

### Won't Wake Up

If the person seems unresponsive, try nudging them or gently pinching their arm. If someone passes out and will not wake up, it is a warning sign for alcohol poisoning. JUST CALL 911.

### Vomiting while passed out

If the person is vomiting while passed out or they are

continually vomiting (repeatedly and uncontrollably), it is a warning sign for alcohol poisoning. Turn the person on their side and JUST CALL 911.

## **Slow/Irregular Breathing**

If the person is breathing less than 13 times per minute or stops breathing for more than 8 seconds, it is a warning sign for alcohol poisoning. JUST CALL 911.

## **Changes to Skin Tone**

For lighter skin, the skin tone appears bluish purple & for darker skin, the skin tone appears grayish or ashen; lips are bluish or the skin is sweaty/cool. These are warning signs for alcohol poisoning. JUST CALL 911.

## **Extreme Confusion**

If the person is unable to communicate, has difficulty focusing or doesn't seem to know what's going on around them, it is a warning sign for alcohol poisoning. JUST CALL 911.

**Warning Signs for Alcohol Poisoning**

# Warning Signs

## for Drug Overdose

The warning signs for drug overdose vary from substance to substance.

Cocaine, meth, ecstasy, and adderall are all examples of STIMULANTS.

Oxycontin, vicodin, xanax, and heroin are all examples of DEPRESSANTS.

## Won't Wake Up

If the person is unresponsive, try nudging them or gently pinching their arm. Whether using stimulants or depressants, if someone passes out and will not wake up, it is a warning sign for drug overdose. JUST CALL 911.

## Abnormal Temperature

STIMULANTS INCREASE TEMPERATURE.

If the person's skin feels very warm to the touch or they are sweating profusely in otherwise normal conditions, it is a warning sign for drug overdose. JUST CALL 911.

DEPRESSANTS DECREASE TEMPERATURE.

If the person's skin feels cool to the touch in otherwise normal conditions, it is a warning sign for drug overdose. JUST CALL 911.

# Abnormal Breathing

STIMULANTS SPEED UP BREATHING.

If the person is breathing faster than usual, they seem to be short of breath or unusual snoring/gurgling sounds, it is a warning sign for drug overdose. JUST CALL 911.

DEPRESSANTS SLOW DOWN BREATHING.

Less than 13 breaths per minute or more than 8 seconds between breaths is considered slow breathing, and unusual snoring/gurgling sounds is a warning sign for drug overdose. JUST CALL 911.

# Abnormal Skin Tone

STIMULANTS MAY MAKE SKIN FLUSHED.

Flushed or reddish skin is a warning sign for a drug overdose. JUST CALL 911.

DEPRESSANTS MAY CHANGE SKIN TONE.

For lighter skin, the skin tone appears bluish purple & for darker skin, the skin tone appears grayish or ashen; lips are bluish or the skin is sweaty/cool. These are warning signs for drug overdose. JUST CALL 911.

# Abnormal Pulse

STIMULANTS INCREASE PULSE.

A person overdosing on a stimulant may report a racing heart or chest pains. These are warning signs for drug overdose. JUST CALL 911.


DEPRESSANTS DECREASE PULSE.

Place the tips of your index and second fingers on their lower neck, on either side of their wind-pipe. Count the beats for 10 seconds and multiply this number by 6. If lower than 60, it is a warning sign for drug overdose. JUST CALL 911.

**Warning Signs for Drug Overdose**



# Making the Call.

1. Stay calm, and JUST CALL 911 immediately. You've done the right thing
  2. Be prepared to provide as much information as you can. Any information that you have will help the emergency dispatcher.
    - Your location, more specifically, the address. If unsure of address, send someone to find out for you.
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- The amount of alcohol/substance the person has ingested.
- The kind of alcohol/substance the person has ingested.
- How long the person has been drinking/using.
- When you first noticed warning signs.
- Any pre-existing conditions (diabetes, etc.).

If you don't have this information, don't worry about it. The medical professionals will assess the situation when they arrive.

- 3.** Stay with the person. Follow any instructions given to you by the emergency dispatcher. Read the “While You Wait” tab for what to do next.

# While You Wait For Help

You've done the right thing by calling 911. Do not leave the person alone.  
Don't be afraid to ask friends for help.

## Things you **CAN** do to help while you wait for emergency personnel:

- Stay calm and stay with the person, checking if they're okay.
- Keep the person comfortable.
- Stay with a person who is vomiting. If you lay them down, make sure they are lying on their side to prevent choking.
- If the person's temperature is abnormal, try to maintain a normal body temperature until help arrives (use blankets, wet washcloths, etc.)
- If the person keeps falling asleep, wake them often to make sure they are not unconscious and check their breathing.
- In case of opioid overdose, there is a reversal drug called Naloxone that can be administered (brand name Narcan).

### **Resources for Naloxone:**

- Gauchos For Recovery - [ucsbgr.com](http://ucsbgr.com)
- SB City College - [sbcc.edu/healthservices/anchor](http://sbcc.edu/healthservices/anchor)
- Pacific Pride Foundation - [pacificpridefoundation.org](http://pacificpridefoundation.org)

## Things that do **NOT** help alcohol poisoning:

- Do not make them throw up. The person's gag reflex is impaired and they can choke on their own vomit or accidentally inhale vomit into their lungs. This can cause permanent lung injury or death.
- Do not force the person to drink coffee, water, or other beverages. Drinking other beverages will not prevent the absorption of alcohol into the bloodstream and it will not help.



- Do not laugh, ridicule, provoke, anger or threaten the person.
- Do not force feed them bread or other food. Alcohol depresses the nerves that control the gag reflex. Someone who is drunk will have a higher likelihood of choking on food. Alcohol is already in the person's system so food will not help.

- Do not give the person a cold shower. The shock may cause the person to pass out, and getting the person in and out of a shower increases the chance of them falling down.
- Do not make the person walk, run or exercise. Alcohol has already been absorbed into their system, and forcing them to exercise will not help.

### Things that do **NOT** help drug overdose:

- Do not let the person sleep it off.
- Do not inject the person with water, salty water, milk, other drugs, or anything else. This will not balance them out and can cause other problems.
- Do not slap the person too hard in attempts to wake them up. Slapping them harder will not help.

- Do not waste time trying to induce vomiting or walk them outside.
- Do not put anything in anyone's mouth if they are having a seizure.
- Do not force the person to eat or drink
- Do not put the person in the shower. The water temperature can send them into shock and it can be dangerous to get them in and out of the shower.

**While You Wait for Help**

# Get the FACTS.

The welfare and safety of our community is law enforcement's top priority. Anytime police, rescue, or other emergency personnel are called to a scene where alcohol or drugs are involved our focus is the welfare of all persons present. So please call 911. Together we can save lives.

AB 472, California's 911 Good Samaritan law, states: "It shall not be a crime for any person who experiences a drug-related overdose, as defined, who, in good faith, seeks medical assistance, or any other person who, in good faith, seeks medical assistance for the person experiencing a drug related overdose, to be under the influence of, or to possess for personal use, a controlled substance, controlled substance analog, or drug paraphernalia, under certain circumstances related to a drug-related overdose that prompted seeking medical assistance if that person does not obstruct medical or law enforcement personnel."

## Medical Information

There's **NO CHARGE** for an Emergency Medical Technician, (EMT) to come evaluate someone you think may have alcohol poisoning/drug overdose. Doing so may save a life!

If the person is transported from Isla Vista, they are likely brought to:

Goleta Valley Cottage Hospital  
351 S. Patterson Ave.  
Santa Barbara, CA 93111

Main Hospital: (805) 967-3411  
Emergency Dept: (805) 681-6473

If the person is transported from Downtown Santa Barbara, they are likely brought to:

Santa Barbara Cottage Hospital  
400 W. Pueblo St. (at Bath Street)  
Santa Barbara, CA 93105

Main Hospital: (805) 682-7111  
Emergency Dept: (805) 569-7210

## Resources

Emergency Dispatch: 911

Isla Vista Foot Patrol: (805) 681-4179

City of Santa Barbara Police Department: (805) 897-2465

Santa Barbara City College, Student Health and Wellness: (805) 965-0851 x2298 - [sbcc.edu/healthservices](http://sbcc.edu/healthservices)

Santa Barbara Neighborhood Clinic: Call toll free: (844) 594-0343 - [sbclinics.org](http://sbclinics.org)

Council on Alcoholism & Drug Abuse, (CADA): (805) 963-1433 - [cadasb.org](http://cadasb.org)

UCSB Police Department: (805) 893-3446 - [police.ucsb.edu](http://police.ucsb.edu)

UCSB Alcohol & Drug Counseling Program (ADP): (805) 893-5013 - [adp.sa.ucsb.edu](http://adp.sa.ucsb.edu)

UCSB Gauchos For Recovery (GFR): [ucsbgfr.com](http://ucsbgfr.com)

UCSB Student Health Services: (805) 893-5361 - [studenthealth.sa.ucsb.edu](http://studenthealth.sa.ucsb.edu)

UCSB Counseling and Psychological Services (CAPS): (805) 893-4411 - [caps.sa.ucsb.edu](http://caps.sa.ucsb.edu) - Support 24/7

# Get the FACTS

Address: \_\_\_\_\_

When you call, tell the operator where you are.



**YOR CALIFORNIA**  
California Youth Opioid Response



**CADA**  
COUNCIL ON ALCOHOLISM AND DRUG ABUSE



**Santa Barbara  
Neighborhood Clinics**  
Quality Affordable Healthcare

**UC SANTA BARBARA**  
**Alcohol & Drug Program**  
Student Health