WHAT IS BINGE DRINKING?

5 OR MORE DRINKS

Binge drinking is defined as consuming at a time for men or 4 or more drinks at a time for women.

It can result in alcohol poisoning, which can be fatal.

WHAT'S IN A DRINK?

ONE DRINK =

1.5 OZ of liquor

5 OZ of wine

12 OZ of beer

THE SIZE OF A DRINK DOES NOT MATTER... THE AMOUNT OF ETHANOL (ALCOHOL) DOES.

The human body can process about one drink per hour. Intoxication occurs when someone drinks more than this and there is a buildup of alcohol in the system.

SIGNS THAT SOMEONE HAS HAD TOO MUCH

- Loss of coordination
- Risk taking
- Slow reaction
- Argumentative
- Slurred speech
- Droopy Eyelids

UNDERSTANDING ALCOHOL POISONING

Very high levels of alcohol in the body can shut down critical areas of the brain that control breathing, heart rate, and body temperature – resulting in death.

Signs of alcohol poisoning include: vomiting, skin that is pale or blue, and unconsciousness.

WHY DO PEOPLE BINGE

MAKE THE HEALTHY CHOICE TO STAY AWAY FROM ALCOHOL

01 Being in a culture of excessive drinking
02 Peer pressure
03 Experience with trauma
04 Difficulty coping
05 Depression and anxiety

SYMPTOMS OF ALCOHOL USE DISORDER

BINGE DRINKING CAN LEAD TO ALCOHOL USE DISORDER

Continuing to drink despite physical, emotional, and social consequences

Wanting to drink less, or stop entirely, but are unable to quit

NATIONAL HELPLINE: 1-800-662-HELP (4357) OR TEXT YOUR ZIPCODE TO 435748 (HELP4U) TO FIND HELP NEAR YOU.

WHAT IS HIGH INTENSITY DRINKING?

Drinking alcohol at levels twice or more the level for binge drinking.

8 or more drinks for women and 10 or more drinks for men on one occasion.

This dangerous form of drinking can quickly lead to alcohol poisoning and death.
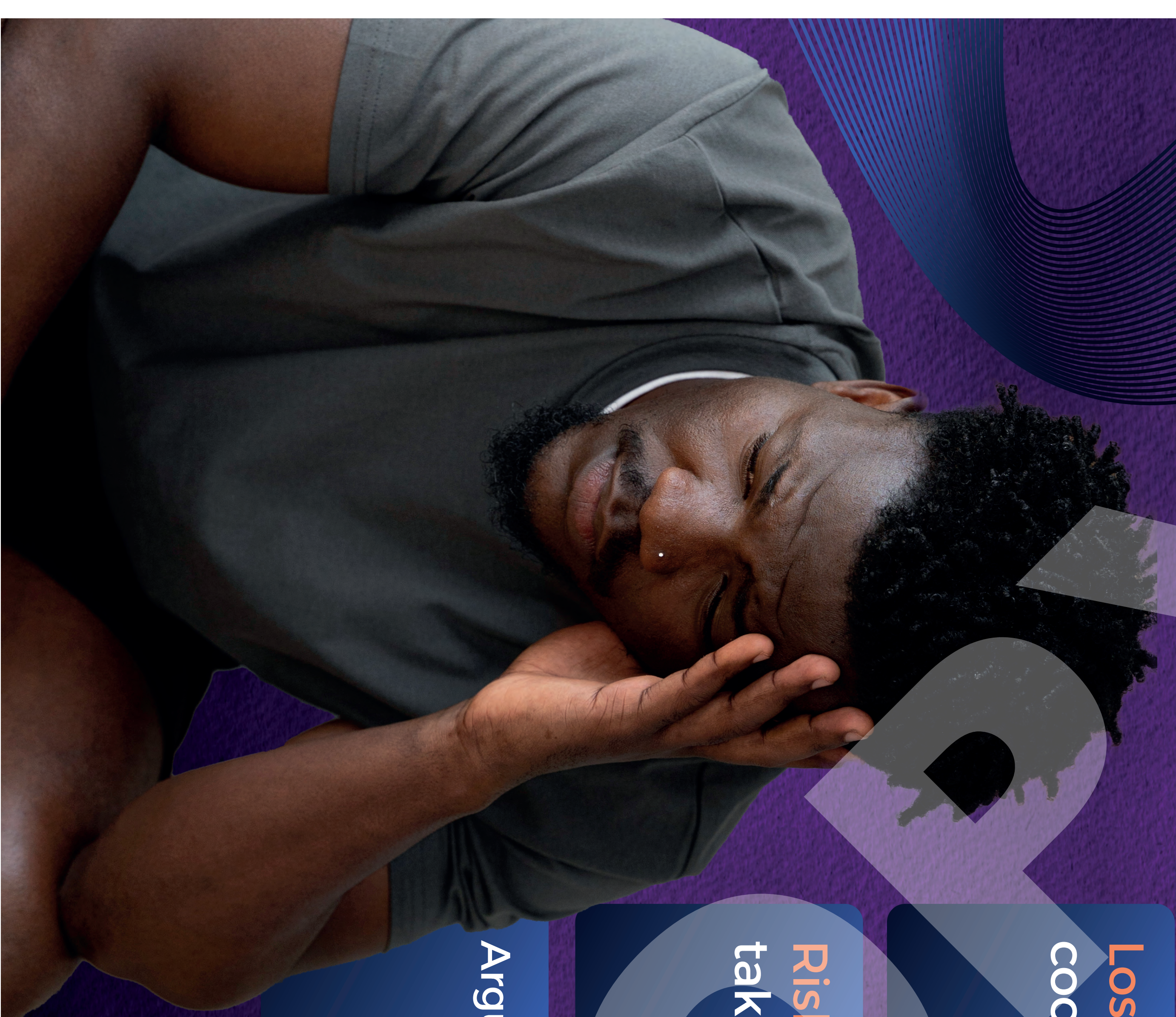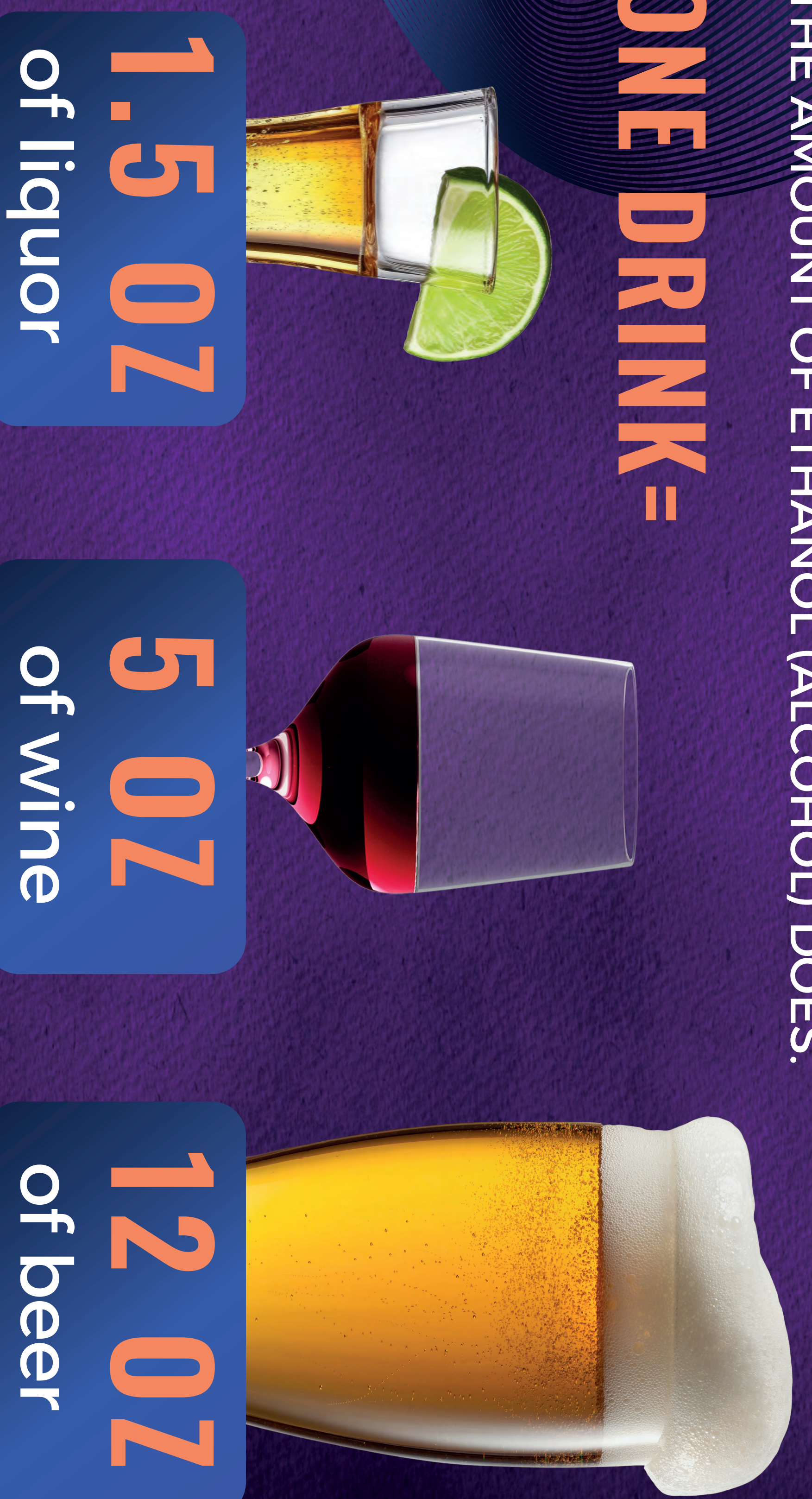
DON'T BE AFRAID TO ACT

If you see a friend suffering from the effects of alcohol poisoning, don't let them "sleep it off." Call 9-1-1!! Try to keep them awake and moving until the ambulance arrives.