

Dealing with Alcohol or Drug Overdose

Know these signs of an overdose

1. Cannot follow directions or is unconscious
2. Slow or irregular breathing or making gurgling sounds
3. Very low or very rapid pulse rate
4. Vomiting while passed out
5. No response to shaking or pinching
6. Low body temperature, bluish skin color, paleness

Note: Any of these signs should cause help to be obtained.

Steps to take for overdose

1. Call 911 immediately
2. If you are sober and near a hospital, drive person for help
3. Tell police or medical personnel how much the person drank or took
4. Turn the person on their side so they don't choke on their vomit
5. Describe the symptoms you have observed to medical personnel

Things to Avoid

1. Leaving person alone
2. Having person "walk it off"
3. Letting person "sleep it off"
4. Food or forced fluid (coffee, etc.)

You may be scared because of being underage, but the penalty for MIP is very mild compared to your problems if the person dies.

State law provides limited immunity to the offense of possession for a minor who requests emergency medical assistance in response to a possible alcohol overdose and who remains at the scene until assistance has arrived.

Don't take a chance—Get help immediately

Name

FUTURE PLANS FORM

1. How much would it change your life if you never drank alcohol again?
2. How much would it change your life if you did not drink again until age 21?
3. Name specific changes that might occur if you stopped drinking. How important would these changes be to you?
4. How will you use the knowledge gained in this class to help you prevent future problems associated with alcohol use?

Date: _____

ALCOHOL EDUCATION CLASS

COURSE EVALUATION

A. Please rate the course areas on a 1 – 10 scale with **10 being the highest**.

1. Program Content	1	2	3	4	5	6	7	8	9	10
2. Factual Information	1	2	3	4	5	6	7	8	9	10
3. Format of Course	1	2	3	4	5	6	7	8	9	10
4. Transparencies & Video	1	2	3	4	5	6	7	8	9	10
5. Overall Rating of Course	1	2	3	4	5	6	7	8	9	10

Comments: _____

B. Please rate the instructor areas on a 1 – 10 scale with **10 being the highest**.

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Comments: _____

C. Please provide any suggestions you have for improving the course. _____

