

**If you know someone who has had too much to drink:**

- DO NOT LEAVE THE PERSON ALONE. Blood alcohol levels can continue to rise even after a person has passed out. Check on him or her often!
- Place the person in fetal position with pillow at the back to prevent rolling. A person can either drown in or choke on his or her own vomit.
- Do not put a person in a cold shower – it can cause the person to go into shock.
- Coffee will not sober a person up – the only thing that can sober someone up is TIME.
- When in doubt, call 911.



**Call 911 immediately if person is:**

- Unconscious, cannot be woken up or can only be awakened for a short time.
- Poorly aware of surroundings.
- Exhibits respiratory difficulties, including slow, labored breathing – 10 breaths per minute or less is a MEDICAL EMERGENCY.
- Blue under the fingernails or gums.
- Cold, clammy, and has bluish skin.
- Vomiting while semiconscious or unconscious.



**The Wellness, Alcohol and Violence Education Program (WAVE)** is a harm reduction program which educates the campus community on issues of personal safety and wellbeing. WAVE's Peer Educators provide fellow students with information and strategies regarding both alcohol use and the prevention of sexual assault and other forms of interpersonal violence. We create bridges between campus entities to develop a dynamic, comprehensive plan to create and support safe environments on the NMSU campus. WAVE provides services and support to students regardless of sex, race, ethnicity, sexual orientation, age, disability, religion or national origin.

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