ALCOHOL POISONING: KNOW WHEN TO CALL FOR HELP

Alcohol poisoning is an extremely dangerous situation in which a person drinks so much alcohol it depresses the nerves that control involuntary actions such as breathing and the gag reflex (College Drinking Prevention). This condition can be especially dangerous if a person vomits and then chokes on the vomit, which can cause them to stop breathing and possibly even die. The following signs can signify alcohol poisoning:

- Mental confusion, stupor, or coma
- Vomiting without waking up
- Slowed pulse
- Seizures
- Slow breathing (fewer than 8 breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Low body temperature, bluish skin color, paleness

If a friend exhibits any of these symptoms after drinking, they need medical attention right away. Call 911 or Emory EMS at (404) 727-6111. Lay the person on his or her side to help keep them from choking if they vomit. Untreated alcohol poisoning can lead to irreversible brain damage and even death.

Worried that if you call for help and are caught drinking you could get in trouble? Emory has a Medical Amnesty policy, which means if you help a friend in trouble you can take steps to avoid facing a conduct violation. Visit http://conduct.emory.edu/policies/medical_amnesty/index.html for more info.

Emory students have saved lives by getting help when a friend drinks too much. You can do it too!
DO YOU KNOW ABOUT EMORY’S CAMPUS RESOURCES?

- Talk to someone in the Office of Health Promotion- Click here to make a free and confidential appointment with Willie Bannister or Virginia Plummer
- Talk to your SA, RA, or House Director
- Go to an AA meeting (Monday and Friday from 8-9pm at Emory Presbyterian Church)

WHAT ABOUT WEBSITES WHERE YOU CAN GET MORE INFO?

- www.collegedrinkingprevention.gov - comprehensive research based info on alcohol abuse and binge drinking
- www.niaaa.nih.gov - National Institute on Alcohol Abuse and Alcoholism
- www.al-anon.alateen.org - Al-Anon Family Groups website

DRINKING AND FINALS: NOT A GOOD MIX

It’s that time of the semester - when the word “finals” starts to creep into classrooms, res halls, the DUC, and maybe even conversations with your friends. Finals are stressful as it is, and if you add alcohol you get an even more stressful and challenging situation.

Alcohol abuse has been shown to contribute to missing class, doing poorly on tests, and dropping out of classes because of bad grades (Higher Education Center). Additionally, it can lead to poor performance on finals, which tend to be a lot more challenging than tests during an earlier time in the semester.

The Florida Atlantic University Center For Alcohol & Other Drug Prevention has conducted studies showing a correlation between the amount of alcohol consumed per week and grade point average (see figure below). On average, a student who has 4 drinks per week will have an A average GPA, while a student who has 11 drinks per week will have a D or F average GPA.

While alcohol may seem like a way to de-stress during finals there are much better activities you can do. Exercise is a great way to get rid of tension, especially exercising with a friend. Even just going for a walk can help you clear your head. Keeping a journal can help you vent and figure out what might be bothering you. Planning out what you are going to study and when can also make the huge task of studying not seem so difficult. (continued on next page)
Emory has numerous resources for how to manage stress. Visit [http://studenthealth.emory.edu/hp/hp_resources_handouts.php](http://studenthealth.emory.edu/hp/hp_resources_handouts.php) for a Stress Busters kit that provides a variety of ways to de-stress and how to keep from getting stressed out. Emory also has a number of resources for dealing with alcohol use and abuse (see “Do You Know About Emory’s Campus Resources” above). For more info on alcohol and academic performance visit [http://www.higheredcenter.org/high-risk/alcohol/consequences/academic-performance](http://www.higheredcenter.org/high-risk/alcohol/consequences/academic-performance).

You don’t need alcohol to celebrate being done with finals and being one semester closer to graduating! Here are some ideas:

- Play a pick-up game of soccer or basketball with your friends
- Have an impromptu dance party in your residence hall (don’t blast the music too loud)
- Go out to dinner with a group of friends
- Read a book for fun (you finally have time!)
- Call your parents to tell them how well you did (and you’ll make their day just by calling)
- Take a nap (you definitely deserve it)
- Go to the mall and window shop
- Go see a movie or go bowling

Are you Dooley impressed by our newsletter? Like it a lot? Absolutely hate it? Have suggestions to make it better? Let us know by clicking the link over here. You’ll be entered to win a $30 gift card to Barnes & Noble!