STAYING SAFE & MEDICAL AMNESTY
WHAT IS AN ALCOHOL OVERDOSE?

An Alcohol Overdose...
- is drinking too much alcohol too quickly
- can cause permanent brain damage or death

Symptoms of Alcohol Overdose:
- Confusion
- Slow or irregular breathing
- Vomiting
- Passing out
SIGNS AND SYMPTOMS OF OTHER DRUG OVERDOSE

- extreme confusion
- fast heart rate
- slow, shallow breathing
- falling asleep or loss of consciousness
- anxiety
- delusions or hallucinations
- choking or gurgling sounds
- paranoia
- increased blood pressure
- severe nausea or vomiting
- limp body
- panic
- small, constricted “pinpoint” pupils
- pale, blue, or cold skin
WHAT SHOULD YOU DO?

CALL FOR HELP if you see ANY of the listed symptoms of an alcohol or drug overdose

- If someone is vomiting, try to get them to sit up and help them lean forward. If they must lie down, turn them on their side.
- Don’t leave them alone! Stay with the person until help arrives.
- If you’re worried, always call Campus Security or 911! 99% of Carls find it acceptable to intervene to help a person who has had too much to drink.

SECURITY
507-222-4444
CARLETON COLLEGE’S MEDICAL AMNESTY POLICY

If you or a friend needs medical assistance for alcohol, cannabis, or other drug use, CALL FOR HELP

Carleton will not impose sanctions for possession or consumption of alcohol or drugs for:

- a student who initiates a request for medical assistance for oneself or another student
- the student for whom medical assistance is sought

Scan QR Code for more info on Carleton’s Medical Amnesty Policy
SAFER SOCIALIZING TIPS

Socializing and making friends is an important part of college. For some people, this involves going to parties.

However, many Carls choose not to drink or party (41.8% report not drinking in the past two weeks).

For those that do choose to drink, staying safe is central to a healthy lifestyle. Here are some tips for safer socializing:

**Make a Plan**
Stay in a group at night, look out for friends at larger gatherings, and make sure everyone gets home safe.

**Think Ahead**
Set a limit & keep track of how much you’ve consumed. Hold each other accountable to these limits.

**Go Slow**
Allow time to understand your body’s reaction to a substance before using more.
MINDFUL DRINKING

If you choose to drink, be sure you’re aware of the potential risks.
- Drinking alone due to depressive symptoms can lead to alcohol-related problems.
- Heavy/binge drinking can also negatively impact health in a number of ways

How can I drink and have a less risky drinking experience?
- Be aware of how much and why you are drinking.
- Ask yourself these questions without judgement:
  - Why am I drinking?
  - Am I savoring this drink?
  - How is drinking making me feel?
  - Is drinking really what I want right now?
  - Do I need to adjust my drinking plans?
# SAFER SUBSTANCE USE TIPS

<table>
<thead>
<tr>
<th>Tip</th>
<th>Details</th>
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<tbody>
<tr>
<td>Don’t Drive Intoxicated</td>
<td>This means don’t drive while drunk, high, or using other substances.</td>
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<tr>
<td>Don’t Mix Substances</td>
<td>Using substances at the same time can increase negative side effects.</td>
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<tr>
<td>Don’t Use Alone</td>
<td>If you overdose, it is important you have someone around to help.</td>
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<td>Test Drugs with Fentanyl Strips</td>
<td>You can get them at OHP or SHAC.</td>
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<tr>
<td>Don’t smoke</td>
<td>Smoking is harmful to the lungs. Some alternative methods of consumption may be safer</td>
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<tr>
<td>Avoid High Doses</td>
<td>Higher doses are associated with more negative experiences</td>
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ALCOHOL AND OTHER DRUGS (AOD) COACHING

AOD Coaching is a private, one-on-one program offered free to all Carleton students who want to explore their alcohol, cannabis, or drug use.

Coaching is directed by the student’s interests, and is focused on helping a student determine what role they would like alcohol/drug use to play in their life.

Learn more here!
RESOURCES

CRISIS
Carleton Security Services: 507-222-4444
911

NON-CRISIS

Harm Reduction Resources

Student Seeking Support & Recovery

[QR Code for Harm Reduction Resources]

[QR Code for Student Seeking Support & Recovery]