

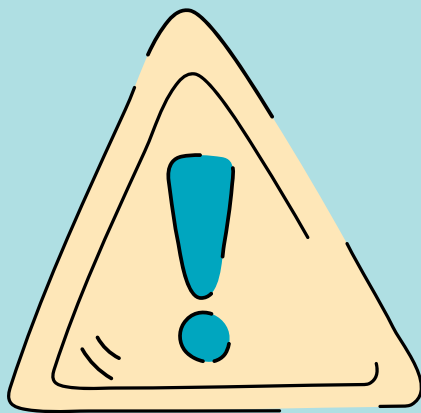
STAYING SAFE & MEDICAL AMNESTY



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

choking or gurgling
sounds

delusions or
hallucinations

increased blood pressure

paranoia

limp body

severe nausea or
vomiting

small, constricted “pinpoint”
pupils

panic

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



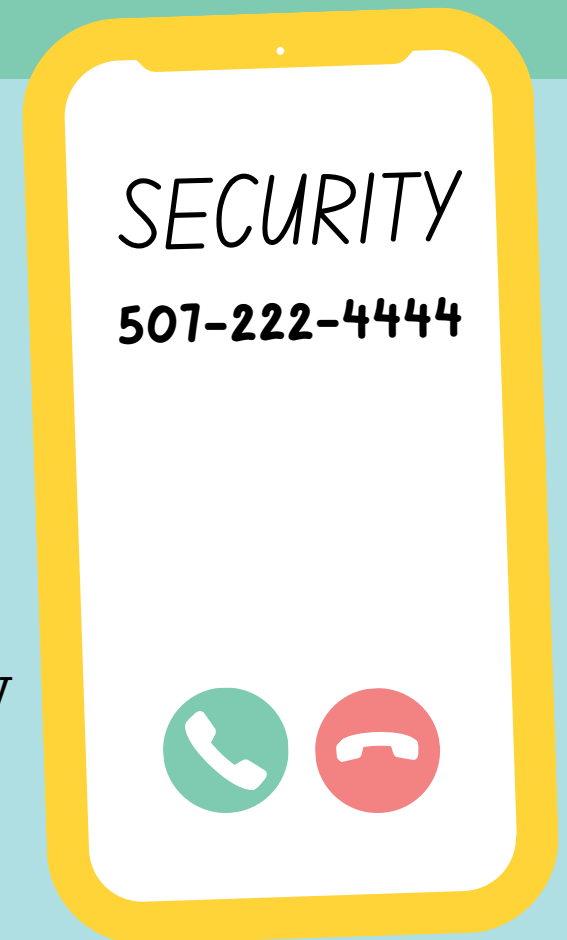
If someone is vomiting, try to get them to sit up and help them lean forward. If they must lie down, turn them on their side.



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.



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?

Is drinking really what I want right now?

Am I savoring this drink?

How is drinking making me feel?

Do I need to adjust my drinking plans?

SAFER SUBSTANCE USE TIPS

Don't Drive Intoxicated

This means don't drive while drunk, high, or using other substances.

Don't Mix Substances

Using substances at the same time can increase negative side effects.

Don't Use Alone

If you overdose, it is important you have someone around to help.

Test Drugs with Fentanyl Strips

You can get them at
OHP or SHAC.

Don't smoke

Smoking is harmful to the lungs. Some alternative methods of consumption may be safer

Avoid High Doses

Higher doses are associated with more negative experiences

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

