Alcohol Intoxication

Alcohol intoxication means your blood alcohol level is above legal limits. Alcohol is a drug. It has serious side effects. These side effects can include:

- Slowing down your reflexes.
- Impairing your judgment.
- Decreasing your muscle coordination.
- Damage to your organs (liver, nervous system, and blood system).

HOME CARE

- **Do not** drink alcohol if you are taking medicine or using other drugs. **Doing so can cause serious medical problems or even death.**
- Ask others if they think you have a drinking problem.
- Admitting that you have a drinking problem is the first step in getting help.

GET HELP RIGHT AWAY IF:

- You become shaky when you stop drinking.
- You throw up (*vomit*) blood. It may look bright red or like coffee grounds.
- You notice blood in your poop (*bowel movements*).
- You become lightheaded or feel faint.

For more help call:

- Your doctor.
- Alcoholics Anonymous (AA).
- A drug or alcohol rehab program.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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