

Do's & Don'ts for the Immediate Care of a Drunk Person



Don'ts:

1. Don't give the person any drugs (not even aspirin) to sober them up.
2. Don't give the person coffee, tea, or other liquid stimulants to sober them up.
3. Don't put the person a cold shower- the shock may cause the person to injure him/herself.
4. Don't try to walk, run, or exercise the individual.
5. Don't keep the person awake.
6. Don't attempt to restrain the individual.
7. Don't laugh, ridicule, provoke anger, argue , or threaten
8. Don't assume the individual is okay.
9. Don't try to hold a rational or logical discussion with the person.
10. Don't try to counsel a drunk person.
11. Don't become intimidated by the drunken individual.

Do's

1. If possible, assess whether the person is in a life threatening health crisis. If so, get help immediately- call Campus Safety!
2. Do call the RD on call- especially if you are unsure of course of action.
3. Do keep the person comfortable... however, don't reinforce the drinking behavior.
4. If the person is in bed, make sure he/she is lying on his/her side. Never place a drunken person on his/her back.
5. If the person is in bed, find someone **sober** *who is willing* and able to accept responsibility to monitor his/her breathing.
6. Do keep your distance. Before approaching or touching, explain what you intend to do.
7. Try to find out what the person has been drinking and how much.
8. Be firm with the individuals
9. Get the person to a safe spot.

What constitutes an emergency?

- Unconsciousness or stupor.
- Any difficulty breathing.
- Uncontrollable behavior.
- Resistance to any form of help.
- Potential physical danger to self and others.