

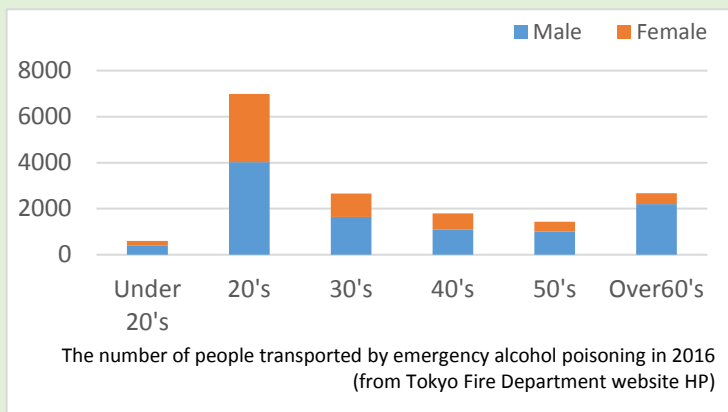
# Health Information Spring & Summer Issue

## ~About acute alcohol poisoning~

### 1. What is acute alcohol poisoning?

Acute alcohol poisoning is a symptom of intoxication that occurs when the body cannot break down the large amount of ethanol contained in alcohol consumed in a short time. Ethanol reaches the brain through the blood and paralyzes the nerve cells. Symptoms such as nausea and vomiting, motor function problems, and even coma and respiratory arrest may occur, and can, in the worst case, lead to death.

### 2. What should you do to avoid acute alcohol poisoning?



The Tokyo Fire Department announced in 2016 that among the patients transported to hospitals with acute alcohol poisoning, the number of patients in their 20s was the highest at 6988 persons. One reason is that new students and new employees cannot refuse calls to “chug” alcohol, or heavy alcohol drinking in general at welcoming parties. Even if you don't demand others to chug their drinks, creating an atmosphere that encourages dangerous drinking practices is alcohol harassment! Let's strive to create

safe drinking environments, such as at drinking parties, without engaging in alcohol harassment.



#### How to have a safe and enjoyable drinking party

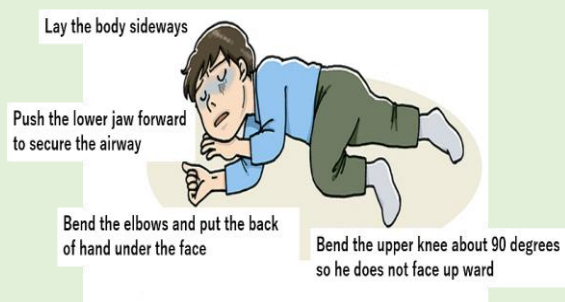


- People under 20 years old (legal minors) must not drink alcohol. Do not provide alcohol to people under 20.
- Do not chug alcohol. You must not force others to drink. Don't let others force people to drink.
- You need to know your alcohol consumption limits and physical condition for the day.
- If you have an alcohol allergy, tell others in advance that you cannot physically drink alcohol.
- When you drink, drink while eating, and at a slow pace.

### 3. How should you respond if someone around you gets acute alcohol poisoning?

If you try to force a drunk person to vomit, the vomit may get stuck in their throat and cause suffocation. If their level of consciousness is low, try to keep the following 5 points in mind without trying to force them to vomit.

1. Never leave a drunk person alone
2. Loosen the clothes of the drunk person
3. Keep the drunk person warm with blankets to prevent a drop in body temperature
4. Lie the person sideways to prevent asphyxiation from vomiting
5. If the drunk person is going to vomit, do not raise them up. Let them vomit while lying down



You should also call an ambulance immediately if any of the following signs appear: If the drunk person keeps snoring even after shaking or calling out to them; If their body is getting cold; If the person is foaming at the mouth; or If they have unstable breathing.