



ALCOHOL

liquor, spirits, beer, wine, booze

What is Alcohol

- Liquid alcohol is ethyl alcohol, or ethanol.
- Ethanol is a depressant drug.
- Alcohol is a natural product of fermenting sugars. It is usually made from grains such as hops, barley, rice and fruits, but it can also be made from other plants.
- The concentration of alcohol in drinks varies widely. Wine and beer have between 5% and 15%, while 'hard' liquor usually has up to 40%, and sometimes more.
- Alcohol is legal for consumption and sale in the United States and the minimum age to drink is 21 years on the federal level. Alcohol is not scheduled by the DEA.

How is Alcohol used?

- Alcohol is virtually always orally consumed.

What are the effects of Alcohol?

- Low to moderate amounts can produce feelings of relaxation, lowered inhibitions, and increased sociability.
- Larger amounts can cause dizziness, nausea, slurred speech, slower reflexes, sleepiness, impaired judgment, dehydration and a hangover the next day.
- Long term abuse can damage the liver, brain and other organs, and can result in severe mental and physical problems.

Is Alcohol addictive?

- For some people, alcohol is addictive. Tolerance can develop and withdrawal symptoms may include nervousness, hallucinations, tremors, seizures, and death.

What is the dosage of Alcohol?

Every individual reacts differently to every chemical, This information is intended to describe the range of dosages others report using and it should not be construed as a recommendation of any sort. Individuals can respond very differently to the same dosage. What is safe for one can be deadly for another.

- A standard drink is defined as 12 oz. (341 ml) of beer, 5 oz (142 ml) of table wine, or 1.5 oz (85 ml) of liquor.
- Divide the proof number by two for alcohol volume on a distilled beverage.*
- The effects of alcohol depends on body weight, metabolism, tolerance from prior use, food in the stomach, and other factors.

Harm Reduction Tips for Alcohol

- It is the amount of alcohol you drink, not the type of drink that affects you. It's lways good to know the alcohol content of whatever you are drinking.
- Know your own limits and pace yourself. A standard drink is metabolized out of your system in approximately 1.5 hours.
- "Drinking games" are especially dangerous as they can easily lead to overdoses.
- At higher altitudes, alcohol can have a much greater effect than expected.
- Alcohol impairs vision and motor coordination. Driving drunk is illegal and endangers yourself and others. Avoid driving and operating heavy machinery.
- If a woman drinks too often during pregnancy, her baby can develop fetal alcohol syndrome (FAS).
- Mixing alcohol with over-the-counter medications, prescription medications, or other drugs is dangerous and can lead to medical emergencies.
- Avoid drinking every day. Do not binge drink (more than 5 drinks in 2 hours). This can lead to a psychical dependence on alcohol and also lead to liver problems.
- Keep hydrated while drinking, as alcohol dehydrates the body. Alternating between a glass of water and an alcoholic drink throughout the night is advised.
- Eating a substantial meal before drinking can help absorb the alcohol and will mildly reduce negative effects.
- Mixing different types of alcoholic drinks can lead to increased negative effects, including dehydration and hangovers.

What if someone overdoses?

- Overdoses can cause loss of motor control, black-outs, alcohol poisoning, temporary coma (passing out), and death.
- Avoid leaving someone to sleep it off. The amount of alcohol in someone's blood continues to rise even when they're not drinking.
- Giving them coffee or other stimulants is not advised. Stimulants may further dehydrate the body. Severe dehydration can cause permanent brain damage.
- Alcohol lowers your body temperature, which could lead to hypothermia. A cold shower could make them colder than they already are. Keep them warm.
- Try to keep them awake and sitting up or lie them on their side in the recovery position if they've passed out, and check they're breathing properly.
- Give them some water, if they can drink it.
- Stay with them and monitor their vitals.