For more information and support around alcohol, visit [www.gannett.cornell.edu](http://www.gannett.cornell.edu) and type “alcohol” into the search bar.
Standard Serving Sizes

1 drink = how much?

- beer (12 oz, 5% alcohol)
- hard alcohol (1.5 oz, 80 proof: 40% alcohol)
- wine (5 oz, 12% alcohol)

= 12 fl oz of regular beer
= 8-9 fl oz of malt liquor
= 5 fl oz of table wine
= 1.5 fl shot of 80-proof spirits
Typical Effects of Blood Alcohol Content

- **Buzz Zone: up to .06**
  - Euphoric feelings, warmth and relaxation
  - Loss of shyness, lowered inhibitions
  - Judgment somewhat impaired

- **Drunk Zone: above .06 to .12**
  - Impairment of reaction time and muscle control
  - Judgment further impaired
  - Mood swings, possibly embarrassing behavior
  - Legal limit for driving, 21 and over: 0.08

- **Elevated Risk Zone: .12 - .15**
  - Vomiting likely
  - Balance and movement substantially impaired → Risk of injury
  - Very poor decision making

- **High Risk Zone: .15 - .25**
  - Alcohol Blackout likely
  - Loss of consciousness possible
  - Risk of choking on vomit

- **Medical Emergency Zone: above .25**
  - Loss of consciousness
  - Risk of choking on vomit
  - .45 = Fatal BAC in 50% of population
  - Loss/Slowing of involuntary reflexes
  - Death
Alcohol and Sleep

ALCOHOL’S EFFECT ON SLEEP

Awake

Alcohol decreases the time it takes to fall asleep.

Stage 1

Alcohol also suppresses REM in the first part of the night.

Stage 2

REM Rebound: Alcohol increases wakefulness and lengthens REM in the second part of the night.

Stage 3

REM

Stage 4

Alcohol increases Stage 4 (slow wave) sleep in the first part of the night.

Ref: Roehrs & Roth, 2001
Strategies to Reduce Harm

• Set a limit for yourself
• Count your drinks
• Pace and space drinks
• Alternate alcoholic and non-alcoholic beverages
• Eat before and during drinking
• Avoid hard alcohol
• Avoid drinking games
• Avoid pre-gaming
• H.A.L.T.

Know when to H.A.L.T.

Sometimes it's best to pass on alcohol. These include times when you feel Hungry, Angry, Lonely or Tired. Also, many medications (e.g., some antibiotics and anti-depressants) require that you do not drink alcohol at all, or that you drink it only moderately. Learn more about when to pass: www.gannett.cornell.edu
Signs of Alcohol Poisoning

- Inability to rouse the person with loud shouting or vigorous shaking
- Slow or irregular breathing or lapses in breathing
- Weak pulse, very rapid pulse, or very slow pulse
- Cold, clammy or bluish skin
- Inability of a person who was passed out to stay awake for more than 2-3 minutes
- Vomiting while passed out, not waking up after vomiting, or incoherent while vomiting
- Head injury

Do the right thing

A, B, C, or D = alcohol emergency

- A (Alert): inability to rouse a person with loud shouting or vigorous shaking; inability of a person who was passed out to stay awake for more than 2-3 minutes; vomiting while passed out; not waking up after vomiting; incoherent while vomiting
- B (Breathing): slow or irregular breathing; lapses in breathing; weak pulse; very rapid or slow pulse
- C (Color): skin is pale or bluish; clammy or cold
- D (Doubt): unsure what's happening; possible head injury; may have consumed other drugs

Calling 911 for help is not a crime
- Campus protocol and New York State law protect you when you "do the right thing" and call 911.
- The law/protocol may apply to the person in need of help, as well as the person or group placing the call for help.

www.GoodSam.comell.edu

Cornell's Good Samaritan Protocol was formerly known as the Medical Amnesty Protocol (MAP)
Alcohol Poisoning

What to Do

- Call for help
  - 911
  - CUPD: 255-1111
  - Gannett Phone Consultation 24/7: 255-5155
  - Medical decisions should not be made by intoxicated bystanders.
- Stay with the person until help arrives
- Place the person on their side
- Remember the Good Samaritan Protocol

What NOT to do

- Do not let the person “sleep it off”
- Do not leave the person alone
- Do not give the person anything to eat or drink
- Do not put the person in the shower
NYS Good Samaritan Law and Cornell’s Good Samaritan Protocol

- Both encourage people to "do the right thing" and call 911 for medical help when witnessing or experiencing an alcohol or other drug emergency by mitigating judicial and/or legal consequences.

- **NYS Good Samaritan Law** applies to emergencies happening **off-campus**.

- **Cornell’s Good Samaritan Protocol** applies to **on-campus** emergencies. The Protocol applies when the allegations under the Campus Code of Conduct or organization’s policies involve:
  - Underage consumption of alcohol
  - Use of other drugs
  - Disorderly conduct
  - **NOTE:** a student or student staff member must call 911 for the Protocol to apply

- Both Good Sam Law and Protocol may apply to the person in need of help, as well as the individual or group placing the call for help.

- Good Sam recipients are referred to Gannett Health Services for BASICS alcohol education (JA action is limited to a warning)

- For more information visit: www.GoodSam.cornell.edu
Alcohol Resources

www.gannett.cornell.edu
- Topics and Concerns → Alcohol, Tobacco and Other Drugs
- www.gannett.cornell.edu/TARGET

BASICS
- 607-255-4782
- No charge for self-referrals

Counseling and Psychological Services (CAPS)
- 607-255-5155
- AOD counselor; tobacco cessation

Sober at Cornell
- Students Off Booze Enjoying Recovery
- sober@cornell.edu

Ithaca Community Recovery
- ithacacommunityrecovery.org