

# Check Your BAC



## Blood Alcohol Calculator



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

24|365 Hotline  
1-800-662-HELP



Text "HELP" to 833234

1-833-234-6343



## Alcohol Use Disorder

Alcohol Use Disorder (AUD) is a medical disorder in which an individual is unable to stop, or control, the use of alcohol despite the negative effects that arise from it. Those who began drinking at an early age are more likely to develop AUD. Other known risk factors are genetics, depression, PTSD, and ADHD.

**However, AUD can be treated** through medical and/or psychiatric assistance and with mutual-support groups.

For more information,  
visit us online.



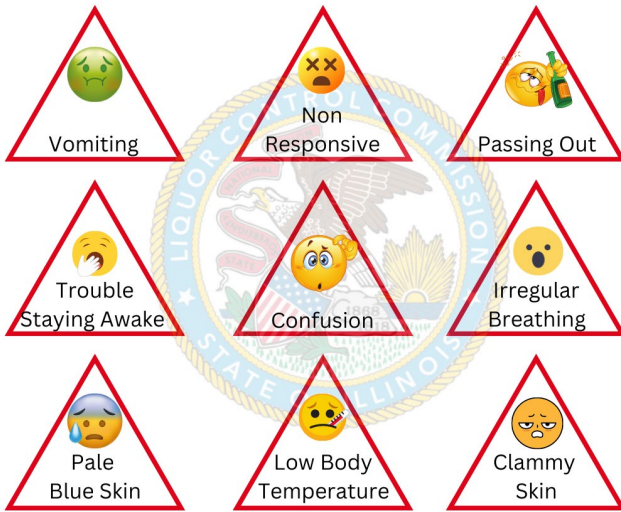
[www.ilcc.illinois.gov](http://www.ilcc.illinois.gov)

## Warning Signs of Alcohol Poisoning



Illinois Liquor Control  
Commission

## Warning Signs of Alcohol Poisoning



## What is Alcohol Poisoning?

Alcohol poisoning (also known as alcohol overdose) is a serious, and often-times deadly, result of consuming large amounts of alcoholic liquor within a short period of time<sup>1</sup>. The amount of alcohol within one's blood stream negatively effects areas of the brain that control breathing, heart rate, and body temperature.

**Anyone who consumes too much alcohol too quickly may be in danger of alcohol poisoning!**

<sup>1</sup> Mayo Clinic – Disease Conditions – Alcohol Poisoning  
<https://www.mayoclinic.org/diseases-conditions/alcohol-poisoning/symptoms-causes/syc-20354386>. Accessed 27 July 2023

## Know What to Do With Alcohol Poisoning!

If someone is experiencing any of the symptoms of alcohol poisoning described on Page 1, you should:

- 1.) **CALL 911 Immediately!**
- 2.) Try your best to keep them awake.
- 3.) If they are awake, give them water to sip.
- 4.) Keep them warm.
- 5.) Lay the person on their side to prevent obstruction of the airways due to any vomiting that may occur.
- 6.) Stay with the person until medical help arrives.

### **NEVER DO THE FOLLOWING:**

1. Give them a shower, which can lower their body temperature.
2. Give them food, this can cause vomiting or choking.
3. Have them “walk it off.”
4. Force vomiting, as it can cause choking.
5. Leave the person alone.

Be prepared to provide information to responders on the type of alcohol consumed and the quantity.

## How To Prevent Alcohol Poisoning



- **Avoid drinking games.** Always drink in moderation!
- **Don't drink on an empty stomach.** Having food in your system may help slow the absorption rate of alcoholic products.
- **Do not mix alcohol with medicine.** If you are on prescription medications, check the pharmaceutical instructions to see if they can be mixed with alcohol.
- **Pay attention to your surroundings.** If you do not know what is in your cup, do not drink it.