BE A GOOD FRIEND.

KNOW THE SIGNS AND WHEN TO GET HELP.

**Alcohol**

**Signs of Alcohol Poisoning***
When one's blood alcohol content (BAC) is so high that it causes parts of the brain and body to shut down. This can be lethal.

- Damp or clammy skin
- Severe confusion
- Trouble staying awake
- Throwing up
- Seizures
- Slow breathing (fewer than 8 breaths per minute)
- Long pauses between breaths (10 seconds or more)
- Very slow heartbeat
- Low body temperature
- Blueish or pale skin
- Slow responses (e.g., reflex)

*Note: These signs are very similar to an opioid overdose

**Cannabis**

**Signs of a Cannabis “Green Out”**
These types of experiences are most likely to occur with high THC concentrations (e.g., edibles) or when used in combination with other substances, like alcohol.

- Panic attacks or high anxiety
- Paranoia or hallucinations / loss of touch with reality
- Fast heart rate or chest pain
- Nausea and vomiting
- Sweating
- Unresponsiveness
- Pale skin color

**CALL FOR HELP**

On Campus:
(518)-442-3131

Off Campus:
911

UAlbany's Good Samaritan Policy:
The Good Samaritan Policy eliminates disciplinary consequences for you and the students you are with if you call for help when drinking or using other drugs. The health and safety of UAlbany students is our first priority. If you see these signs or there is an emergency seek immediate medical assistance.

Learn more.