



95 thousand Americans die from effects of alcohol use each year.
7% of adults have alcohol use disorder (AUD)
(Nations Center for Drug Abuse Statistics)

Alcohol Consumption & Effects

- The amount of liquid in an alcoholic beverage is not the alcohol content in a drink
 - Standard alcoholic beverage contents:
 - 12-ounce beer contains alcohol 5%
 - 5-ounce glass of wine alcohol 12%
 - 1.5-ounce shot of 80 proof liquor contains alcohol 40%
- Diluting alcoholic beverages does not change alcohol content of a beverage, but can lead to overuse of alcohol and lapses in judgement
- The amount of alcohol consumed is directly related to resulting effects of use



Alcohol Poisoning

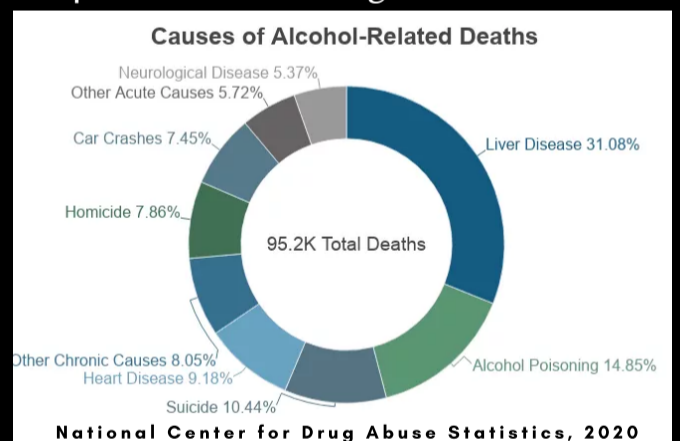
- Results from consuming an excessive amount of alcohol in a short period of time
- Teens & young adults are more likely to binge drink alcohol
 - Binge drinking is consuming 4 or more alcoholic beverages in a short period of time
 - Results in nearly 190,000 ER visit and 3,500 deaths in people under the age of 21 years in the U.S. each year
- Signs and symptoms
 - Vomiting
 - Breathing difficulty
 - Decreased heart rate
 - Changes in normal body temperature
 - Seizures
 - Inability to wake



Call **911 IMMEDIATELY** for anyone who may experience these signs or symptoms

Alcohol Use Disorder (AUD)

- Results from alcohol use and abuse over longer periods of time.
- Persons under the age of 21 years who use alcohol are at high risk to develop AUD and remain dependent on alcohol in adulthood
- AUD can lead to chronic and irreversible health problems including:
 - High blood pressure
 - Heart disease and stroke
 - Liver disease and digestive problems
 - Cancer
 - Immune deficiency
 - Cognitive impairment
 - Dementia
 - Mental health and social problems



Pediatric Alcohol Exposure

- Young children who accidentally consume alcoholic beverages and alcohol based hand sanitizer can become sick and require care in a hospital
- Children exposed to alcohol by consumption have experienced:
 - Central nervous system depression
 - Respiratory depression
 - Low blood sugar (hypoglycemia)
 - Seizures
 - Coma
 - Death



Children and other who develop symptoms related to exposure to alcohol must be evaluated at the nearest emergency department.

NEVER leave hand sanitizer or alcoholic beverages within reach of children or others who do not understand the use of these items and always provide supervised use of hand sanitizers.

Help & Resources

Click on images to access resources

