Health Administration Center News

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Excessive drinking warning No.1

Have you ever pressured to chug or drink to someone?

Alcohol harassment.

Alcohol harassment has the following 5 definitions.

Pressuring someone to drink alcohol.

Making someone chug.

Intentionally getting someone drunk.

Not considering people who do not / can not drink.

Harassing with drunk to someone.

Mechanism of intoxication with alcohol. —The brain becomes desensitized when drunk.—

First stage ➡	Second stage ➡	Third stage ➡	Fourth stage
Tipsy ⇒Uninhibited **Do not become negligent.**	Once you become inebriated or unsteady on your feet, **do not drink any more**.	Being wasted or blind drunk **The stage of acute alcohol intoxication.**	Unconsciousness ⇒Death **If someone does not respond, call an ambulance immediately.**

※**Acute alcohol intoxication**…Drinking a large amount of alcohol in a short time can be fatal, such as by causing respiratory arrest

Five responsibilities for hosting, participating in drinking parties.

①No alcohol harassment.
②Do not make people vomit.
③Take care of anyone who gets extremely drunk.
④Do not allow minors to drink alcohol.
⑤Do not allow to drink to people who are driving to drink.

【When to call an ambulance】

☑When someone snores loudly and dose not respond even when pinched.
☑When someone does not respond even when shaken or called to.
☑When someone's body temperature decreases and becomes cold all over.
☑When someone falls over and foams at the mouth.
☑When someone's breathing becomes abnormally fast and shallow, or only breathes intermittently.

Have a good time together !