

# THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...

HERE'S SOME NEWS YOU CAN USE!



## Alcohol Edition 2019

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### What is BAC (Blood Alcohol Concentration)? Your blood alcohol concentration (BAC) is the ratio of alcohol to blood in your body.

- If your BAC is .08, you have eight units of alcohol for every 10,000 units of blood in your bloodstream.
- A person with a BAC level of .08 or higher loses his/her muscle coordination and control and ability to think, judge, concentrate and react, and is considered an impaired driver.
- For drivers 21 and older, it is illegal to drive with the BAC level of .08 and higher.
- The BAC level limit for drivers under 21 is .01. But remember, drinking under the age of 21 is illegal. You can easily reach .01 alcohol level by drinking one 12-oz. beer.

<https://www.driverseducationusa.com/resources>

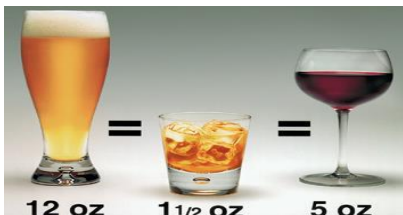
### Mental Health Screenings

If you are concerned about the amount of alcohol or other substances you are using, take the anonymous & confidential Mental Health Screenings available on the Wellness Center's website:

[www.cobleskill.edu/wellness](http://www.cobleskill.edu/wellness).

Remember that you can always come in and talk to a provider about your concerns!

### Standard Drink Sizes



### Things to Know

- A straight up drink will hit your bloodstream faster than alcohol that is mixed with water; therefore you will feel the effects faster.
- Sodas and carbonated mixers actually speed up the absorption of alcohol causing greater potential for dangerous consequences.
- Mixing alcohol with other drugs, whether legal or not, will have an unpredictable effect. People have died from this mixture.
- It takes our bodies 1-2 hours to eliminate 1 standard drink from our blood.
- SUNY Cobleskill has a Zero Tolerance Policy for Alcohol and Other Drug violations.
- Choosing to drink, even in moderation, puts you at risk for health, legal, and academic problems.

### Ways to Lower Risk If You Decide to Drink Alcohol

- Know your limit.
- Eat food while drinking.
- Don't participate in "chugging" contests or other drinking games.
- Space your drinks out over time.
- Beware of unfamiliar drinks or drinking from a punch bowl.
- Buddy system (watch out for one another throughout the evening)
- Do not leave your drink unattended.
- Never restrict eating in order to allow yourself more drinks. Restricting eating increases the likelihood of blackouts, physical injuries and death. You may also be more likely to develop an eating disorder or substance abuse disorder with this behavior.

### Signs of a Life-Threatening Overdose

Alcohol depresses your nervous system, so you may experience serious complications if you drink at a rate that is much faster than your liver can process. These complications can include:

- Mental confusion, stupor, or cannot be awakened
- Vomiting
- Seizures
- Slow breathing (fewer than 8 breaths per minute)
- Irregular breathing (10 sec or more between breaths)
- Hypothermia (low body temp), bluish skin, paleness

(Mayo Clinic, 2010)

### See Something, Say Something (What To Do If You Suspect An Alcohol Overdose)

Call UPD (518-255-5555) or 911 IMMEDIATELY

If you suspect an alcohol overdose and the victim is unconscious, do not leave the person alone. Be sure to place the person on his or her side. You should remain with the unconscious person until emergency medical help arrives. Efforts will be made to mitigate sanctions associated with alcohol and other drug offenses for "Good Samaritans." This applies to individuals who may have participated or contributed in the use/abuse of alcohol or other drugs, but have summoned aid for the person with an overdose.

360° OF WELLNESS  
WELLNESS CENTER SERVICES



#### The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Directors Mary Radliff/Lynn Ontl at 518-255-5225

Think  
before  
you  
drink!