

Did You Know?

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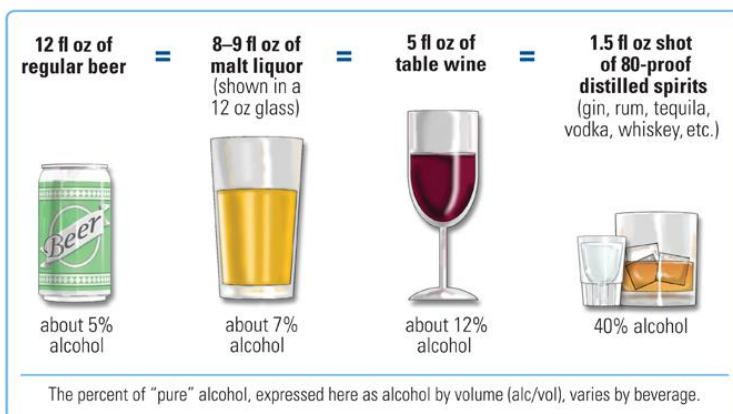
Binge Drinking: St. Patrick's Day is widely known as one of the biggest holidays for heavy alcohol consumption. Binge drinking is defined as a drinking pattern that brings blood alcohol concentration (BAC) to 0.08 or higher. Typically, this means 4 or more drinks for women and 5 or more drinks for men in 2 hours or less.

What You Should Know:

- About 88,000 people in the United States die each year from causes related to alcohol
- Binge drinking is associated with many negative consequences, including unintentional and intentional injury, sexual assault, domestic violence, sexually transmitted infections (STIs), unintended pregnancy and Fetal Alcohol Spectrum Disorders (FASD).
- Alcohol poisoning is another potentially fatal risk of binge drinking. Signs of alcohol poisoning include vomiting, loss of consciousness, difficulty breathing, seizures, clammy skin and low body temperature.
- There are Good Samaritan laws in place in NY to protect underage drinkers from trouble with the law if they call 911 to report an overdose or alcohol poisoning. When in doubt, ALWAYS call 911. You could save a life.

What You Can Do:

- If you choose to drink, do so responsibly! Make a plan for your holiday and stick to it. This includes using a designated driver.
- Pour your own drinks and educate yourself on what a standard drink looks like.



Sources: www.cdc.gov, www.niaaa.nih.gov