

# **F.A.S.T. C.A.R.E.**

## **First Aid and Sensible Tips for Coping with Alcohol-Related Emergencies**

### **General Advice**

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1. **KEEP CALM, TAKE A DEEP BREATH** - Don't let your anxiety transfer to the individual in trouble.
2. **ASSESS THE SITUATION** - Look at the problem clearly, decide how serious it is before taking action, and prepare for the unexpected.
3. **BE AWARE OF THE MAIN DANGERS:**
  - Introducing anything into the system that might induce vomiting and result in choking -- **DO NOT ADMINISTER ANY FOOD, DRINK, OR MEDICATION TO AN INTOXICATED PERSON.**
  - Any abrupt or unnecessary movement might cause the drunk person to fall or faint, with injury resulting -- **KEEP THE PERSON STILL.**
  - If you detect unconsciousness or respiratory problems -- **GET IMMEDIATE HELP.**
  - Call the Pro Staff Member On-Call for help.

### **Immediate Care of an Intoxicated Person**

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#### DO's:

- Keep the person still and comfortable
- Stay with the intoxicated person who is vomiting. When laying him/her down, turn head to the side to keep it from falling back. Keep the person from swallowing vomit.
- Monitor the person's breathing.
- Keep your distance. Before approaching or touching, explain what you intend to do.
- Speak in a clear, firm, reassuring manner.

#### DON'T's:

- Don't try to walk, run, or exercise the intoxicated person; don't try to keep the person awake; above all, don't permit the person to drive.
- Don't administer anything orally - food, liquid, drug - to sober the person up. (**THE ONLY THING THAT WILL SOBER AN INTOXICATED PERSON IS TIME**).
- Don't give the person a cold shower - the shock may cause him/her to pass out, with injury resulting.
- Don't attempt to constrain the person without (sober) assistance.