

Sobering Up

It's easy to sober up - just drink coffee, have a cold shower or make yourself sick
TRUE OR FALSE ?

FALSE!

There only one way to sober up and that's to wait one hour for every unit of alcohol you've drunk.

That's because your liver can only burn up one unit of alcohol in one hour.



What's a Unit ?

One Unit  1/2 pint of ordinary strength beer, larger or cider	One Unit  1 small glass of wine
One Unit  1 single measure of spirits	One Unit  1 small glass of sherry



NHS

East Sussex Downs and Weald PCT & Hastings and Rother PCT

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Do it more Safely

Getting drunk sounds like fun but there are certain risks.

Flaking Out

If someone flakes out, don't leave them. If you can't get them to come round, call an ambulance.

Throwing Up

If someone throws up don't leave them. Make sure they keep their head out of their vomit. Choking on vomit is one of the biggest risks.

Getting into Fights

Remember people get difficult when drunk. Fights can be painful and land you up in a lot of hassle with the law.



Alcohol poisoning

Alcohol is a drug and it is possible to have a fatal overdose in the same way as someone can overdose on heroin and die.

Unsafe Sex

You're more likely to get off with someone you don't even fancy and not bother to take precautions.



Accidents & Falling Over

Watch out for cars and falling awkwardly. If you can't see straight and your legs might fold under you, just moving around can be risky.



Know when to Stop

GREEN

- **having fun**
- **1 or 2 drinks**
- **celebration**

AMBER

- **saying stupid things**
- **stumbling**
- **slurred speech**
- **seeing double**
- **hangover tomorrow**
- **hitting someone/something**
- **having unsafe sex**
- **throwing up**

RED

- **passing out**
- **total loss of control**
- **falling dangerously**
- **choking on sick**
- **alcohol poisoning**

