

Recognizing an Emergency..

Know the
symptoms of
alcohol
poisoning &
how to get
help.

Handling an Emergency...

- If off campus, call 911.
- If on campus, call **University Police at 5-4101** or call 911.
- Don't leave the person alone.***
Turn them on their side to prevent choking or vomiting. Continue to monitor breathing until help arrives.
- Don't let someone try to "walk it off" or "sleep it off"—get help right away.***
- Don't try to give anything to eat or drink.***
- Don't put the person on shower.***
They may pass out, drown, or go into shock.

Contact Us

CSULB Alcohol, Tobacco & Other Drugs

Student Health Services, Room 268

Long Beach, CA 90840

Phone: 562.985.2520

Fax: 562.985.8404

E-mail address: www.csulb.edu/atod



Having a Party?

Your Guide to the
Ultimate Safe Party

SAFE PARTY CHECKLIST

THE SAFE PARTY

We all love a party. When you're the host, the person responsible for making it happen, there's a lot to think about. Alcohol is a part of many parties, and it is important to properly manage its use. The misuse of alcohol can spoil a good time, lead to accidents, property damage, and even end lives.

THE ROLE & RESPONSIBILITY OF THE HOST

The host of the party may be liable if a drunken guest causes damage to property or to another person. To avoid this, the host should exercise reasonable care to ensure that excessive drinking does not occur. It is far easier to prevent your guests from getting intoxicated than it is to deal with the situation afterwards.

73%

of CSULB students
choose to use designated drivers

Before the Party....

- Let your neighbors know of the party plans. Tell them to call you or come by if any problems occur.
- Limit the size of your party.
- Invite only people you know and trust.
- Ask a reliable friend to monitor the party and handle any potential problems.
- Follow all University policies, state laws, and local ordinances.
- Consider how guests will get to and from the party.
- Have taxi and bus information available.

During the Party...

- Drink in *moderation*.
- Never* leave drinks unattended.
- Provide plenty of non-alcoholic drinks such as bottled water and juices.
- Serve food so guests don't drink on an empty stomach.

- Avoid* drinking games.
- Set a limit*, and stick to it!
- Stop serving alcohol an hour before the party ends so guests have time to sober up before heading home.
- Have *emergency numbers* handy.
- Be aware that it is *against the law* for alcohol to be served or provided to minors. Law enforcement can take action for minors in possession of alcohol.

After the Party...

- Never let an intoxicated guest leave the party alone or with strangers.
- Give your guests a call and make sure your guests make it home safely.
- Remember to designate before you celebrate. Have designated drivers available for those who cannot drive.