Let’s Get the Story Straight!
10 Myths and Facts about Alcohol
MYTH: "The worst thing that can happen is that I’ll pass out and have a hangover tomorrow."

FACT: Death can and does occur from drinking too much alcohol. This is known as alcohol poisoning or acute alcohol intoxication and occurs when the level of alcohol in the body acts as a poison, causing death from the drug overdose. Another way that alcohol can cause death is due to alcohol related accidents, such as drunk driving, falls, and suicide.
MYTH: "People pass out from drinking all the time. It’s nothing to worry about."

FACT: You pass out due to the body’s inability to tolerate the amount of alcohol that you have put into it. Alcohol is a central nervous system depressant that works to slow down the heart rate, lower your blood pressure, and slow your breathing rate. Once your brain has been depressed enough by the alcohol, you pass out. The amount of alcohol it takes to make you pass out is dangerously close to the amount of alcohol it takes to make you dead!
MYTH: "The best thing to do for someone who is drunk is to put them to bed and let them sleep it off."

FACT: Although this is partly true, the fact is that a drunk person is helpless and must be cared for. DO NOT LEAVE A DRUNK (INTOXICATED) PERSON ALONE!!!!!! Stay with the person, check their breathing, check their skin temperature, and frequently try to wake them.
MYTH: "If my friend passed out, I wouldn’t call for help. I couldn’t live with myself if I got them in trouble".

FACT: If you don’t call for help, your friend may not live to be mad at you. When someone passes out from drinking too much, they are unconscious and have consumed too much alcohol. This person is suffering from alcohol poisoning and needs medical attention.
MYTH: “I can sober up quickly if I have to.”

FACT: It takes about three hours to eliminate the alcohol content of two drinks, depending on your weight. Nothing can speed up this process – not even coffee or cold showers.”
MYTH: “Beer doesn’t have as much alcohol as hard liquor.”

FACT: A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor (either straight or in a mixed drink) or 5 ounces of wine.
MYTH: “I have to drink to fit in.”

FACT: Your peers don’t drink as much as you think they do. A recent survey of more than 44,000 college students shows that most students drink little or no alcohol on a weekly basis.
MYTH: “Drinking isn’t all that dangerous.”

FACT: One in three 18- to 24-year-olds admitted to emergency rooms for serious injuries are intoxicated. Alcohol is also associated with homicides, suicides, and drownings.
MYTH: “I can drink and still be in control.”

FACT: Drinking impairs your judgment, which increases the likelihood you will do something you’ll later regret such as having unprotected sex, being involved in date rape, damaging property, or being victimized by others.
BEING INFORMED CAN SAVE YOUR LIFE OR THAT OF A FRIEND!