95 thousand Americans die from effects of alcohol use each year. 7% of adults have alcohol use disorder (AUD) (National Center for Drug Abuse Statistics).

**Alcohol Consumption & Effects**
- The amount of liquid in an alcoholic beverage is not the alcohol content in a drink.
  - Standard alcoholic beverage contents:
    - 12-ounce beer contains alcohol 5%
    - 5-ounce glass of wine alcohol 12%
    - 1.5-ounce shot of 80 proof liquor contains alcohol 40%
- Diluting alcoholic beverages does not change alcohol content of a beverage, but can lead to overuse of alcohol and lapses in judgement.
- The amount of alcohol consumed is directly related to resulting effects of use.

**Alcohol Poisoning**
- Results from consuming an excessive amount of alcohol in a short period of time.
- Teens & young adults are more likely to binge drink alcohol.
- Binge drinking is consuming 4 or more alcoholic beverages in a short period of time.
- Results in nearly 190,000 ER visit and 3,500 deaths in people under the age of 21 years in the U.S. each year.
- Signs and symptoms:
  - Vomiting
  - Breathing difficulty
  - Decreased heart rate
  - Changes in normal body temperature
  - Seizures
  - Inability to wake
Call 911 IMMEDIATELY for anyone who may experience these signs or symptoms.

**Alcohol Use Disorder (AUD)**
- Results from alcohol use and abuse over longer periods of time.
- Persons under the age of 21 years who use alcohol are at high risk to develop AUD and remain dependent on alcohol in adulthood.
- AUD can lead to chronic and irreversible health problems including:
  - High blood pressure
  - Heart disease and stroke
  - Liver disease and digestive problems
  - Cancer
  - Immune deficiency
  - Cognitive impairment
  - Dementia
  - Mental health and social problems

**Pediatric Alcohol Exposure**
- Young children who accidentally consume alcoholic beverages and alcohol based hand sanitizer can become sick and require care in a hospital.
- Children exposed to alcohol by consumption have experienced:
  - Central nervous system depression
  - Respiratory depression
  - Low blood sugar (hypoglycemia)
  - Seizures
  - Coma
  - Death
Children and other who develop symptoms related to exposure to alcohol must be evaluated at the nearest emergency department.

**Help & Resources**
- Click on images to access resources.
- MIPoisonHelp.org
- Call 1-800-222-1222
  - Free, confidential, expert advice
  - Available 24/7
- NIAAA Alcohol Treatment Navigator
- SAMHSA Substance Abuse and Mental Health Services Administration
- CDC