
When to Call Emergency Services

Emergency number where I live: _____ Poison center: _____

While stopping or cutting down (Chapters 1, 8)

- A seizure, even once.
- Confusion or not knowing where you are; seeing, hearing or feeling things that aren't there.
- High fever, very heavy sweating, a very fast heartbeat, chest pain.
- Vomiting that won't stop, so you can't keep water down.

When someone has drunk too much (Chapters 4, 12)

- Semi-conscious and hard to wake; vomiting while asleep or drowsy.
- Slow, weak or irregular breathing; pale or bluish skin; cold to the touch.
- Alcohol taken with sleeping pills, sedatives or opioid painkillers, followed by heavy drowsiness.

Heart, mood and safety (Chapters 3, 9, 10)

- Chest pain, breathlessness, fainting, a very fast heartbeat that won't settle.
- Thoughts of harming yourself, or a plan to do so.
- Violence or threats, or a child at home in danger.
- Breathlessness, chest pain or fainting after drinking while taking disulfiram.

While you wait: don't leave someone who is having a seizure or is very drunk alone; lay them on their side; give no more alcohol or sedatives; don't drive someone having a seizure to hospital yourself.