Know The Signs

Do you know the danger signs of an alcohol overdose? Do you know when to seek help? Know the signs and don't be afraid to get medical attention for a friend who has had too much to drink. Don't worry if your friend may become angry or embarrassed: remember, you care enough to help.

- **DISORIENTED**
- **VOMITING WHILE PASSED OUT**
- **SEMI-CONSCIOUS**
- **UNCONSCIOUS**
- **SLOW, IRREGULAR BREATHING**
- **BLUISH SKIN**
- **NO RESPONSE TO PINCHING OF THE SKIN**

“*If you think a situation is wrong, call it like you see it, no matter what others think. Call the police. Call anyone. Call, call, call, call, call.*”

- The Brown and White, 2017

#HawksFlyTogether

It’s illegal to consume alcohol if you’re under 21 years old. If you find yourself in a situation where alcohol is present, think in advance about how you will react. If you choose to drink, please do so responsibly and safely by using smart strategies such as eating before and/or during drinking and setting a drink limit before you go out. Remember, if you choose to not drink, you are certainly not alone in your decision to abstain. We are all part of the Lehigh community. You can make a difference by intervening and looking out for one another.

**Emergency Numbers:**

- **LU Police Department**
  - 610-758-4200
- **Bethlehem Police**
  - 911
- **Health & Wellness Center**
  - 610-758-3870

**Calling the Shots**

A fun and interactive peer-led program about alcohol presented by the Peer Health Advisers.

- **Wednesday, 10/18 from 6-7pm**
  - Global Commons - 5X10 Eligible

**Pregame**

A required alcohol education program for all students interested in joining a Greek organization in Spring 2018.

- **Thursday, 10/19 from 4:30-6pm**
  - in MG 102 - 5X10 Eligible

**Red Watch Band**

Gain knowledge, awareness, and skills to intervene when someone is experiencing an alcohol overdose.

- **Friday, 10/20 from 12:10-1pm**
  - in UC 403 - 5X10 Eligible