**ALCOHOL POISONING**

**Symptoms**
- Person cannot be awakened.
- Person has cold, clammy, pale or bluish skin.
- Person has slow or irregular breathing.
- Person is vomiting while passed out and does not wake up.

*If any of these symptoms exist, call 911 IMMEDIATELY!*

**If a friend is intoxicated, take ACTION!**
- Check for signs of alcohol poisoning
- Do NOT leave your friend alone.
- Do NOT put your friend to bed to sleep it off.
- Turn your friend on his/her side to prevent choking in case of vomiting.
- Remember “it’s better to be safe than sorry” so get your friend help!

Call 911 immediately.

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**What is a standard drink?**

A standard drink contain 14 grams of pure alcohol or about 0.6 fluid ounces

- 12 oz. of beer
- 10 oz. of malt liquor
- 4 oz. of wine
- 1.5 oz. of 80-proof liquor
- 1.0 oz. of 100-proof liquor

1 beer = same amount as one glass of malt liquor, or one glass of wine or one mixed drink

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**FLU SHOT!**

If you have not already gotten your flu shot, check the dates and times below!
- Tuesday Oct. 26 4:00pm to 7:00pm Rec Center
- Wednesday Oct. 27 12:00pm to 3:00pm Harshman A/B side
- Thursday Oct. 28 1:00pm to 4:00pm Conklin VPSA Conference Room

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**C.U.R.E.**

Are you a Wood County resident who is a newly diagnosed breast cancer patient, currently undergoing treatment or a survivor?

If so, join C.U.R.E.! Certified Cancer Exercise Trainers will offer participants a safe, effective way of exercising and participants will be educated on common health topics including nutrition, exercise, and smoking.

Collegiate Exercise classes are held Monday & Wednesday from 5:00pm – 6:15pm or Tuesday & Thursdays from 8:00am – 8:45am in the Student Recreation Center. For more information contact Erica or Faith at 419-372-9355 or wellness@bgsu.edu.

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**October is National Fire Prevention Month**

Fire prevention tips:
- Install smoke detectors and check them on a regular basis.
- Have a fire extinguisher and know how to use it!
- Extinguish candles and incense when leaving rooms.
- Never leave cooking food unattended.
- Practice fire drills regularly.
- Place lamps and things of the sort on a level surface away from anything that could catch on fire.
- Know your buildings evacuation plan and practice the drills.

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