

UCI Student Wellness & Health Promotion

The UCI Center for Student Wellness & Health Promotion promotes safe practices, responsibility and awareness around alcohol consumption.

A professional health educator can talk to you about:

- Alcohol basics – short and long term effects of alcohol, how to calculate BAC, what is a standard drink
- How to party safe – the importance of having a plan when you go out, strategies on how to reduce high-risk drinking
- Effects of alcohol use on academic performance
- Alcohol poisoning – signs and symptoms, what to do in an emergency

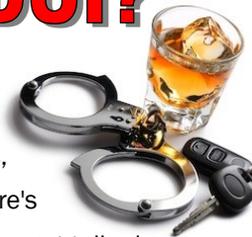


For more information, contact Margaret Valle, Alcohol and Other Drug Programs Manager (949) 824-9355 m.valle@uci.edu
STUDENTWELLNESS.UCI.EDU

Cost of a DUI?

Hint: *You can't afford it.*

Everyone knows that driving under the influence is dangerous, irresponsible, and illegal. But, here's something else that doesn't always get talked about – DUI convictions are incredibly expensive. *Drunk driving is never worth the risk.*



Let's look at a *modest* estimate...

Bail	\$150 - \$2,500
Towing and Impound	\$100 - \$1,200
Higher Insurance Premiums	\$4,500 - \$10,000
Defense Attorney	\$2,500 - \$5,000
Court Fines	\$150 - \$1,800
Alcohol Treatment/Education	\$1,000 - \$2,500
Licensing Fees	\$150
Jail Fee	\$10 - \$50
Jail Time	\$330
Sentencing	\$250
Chemical Testing Fee	\$90
Probation Supervision	\$600 - \$1,200
Ignition Interlock Device	\$500 - \$1,500
License Reinstatement	\$21 - \$100
Alternate Transportation	\$100 - \$1,000

Minimum Total: \$13,000 - \$28,000

Choose your ride.
 Drink. Drive. Go to Jail.



Revised 3/4/14

Alcohol Safety



UC Irvine Police Department

150 Public Services Building
 Irvine, CA 92697-4900
 (949) 824-5223
www.police.uci.edu



Party Safe!

Tips for Staying Safe at College Parties

- Learn how to have a fun time without drinking.
- Don't get into a car with an intoxicated driver.
- If you'll be drinking alcohol, know your limit.
- Don't drive while intoxicated.
- Pick a designated driver ahead of time.
- Always pour your own drinks.
- If a party gets too crazy—leave!
- Hold your cup to ensure no one adds anything.
- Don't walk home alone.
- Stick with your friends.



Don't drink from a cup you set down, especially if it was out of your sight!

STUDENTS ON COLLEGE CAMPUSES KILL THEMSELVES EVERY YEAR FROM OVERDOSE OF ALCOHOL
 IN PARTICULAR WHERE THE LOCAL CULTURE SEEMS TO DEMAND DRINKING.



Undergraduate Alcohol policy

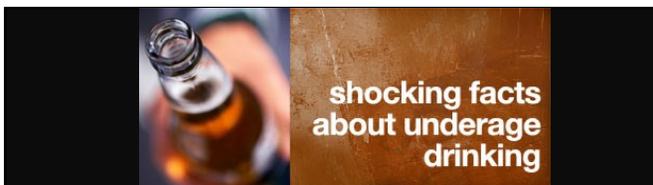


Students under 21 years of age are not permitted to purchase, possess, or consume alcoholic beverages.

What if this UC Irvine policy is violated?

When a student is found in violation of University policies, any of the following types of disciplinary action may be imposed:

- A hold on your academic records
- Delays in transcripts, grades, class registration
- Loss of undergraduate housing
- Revocation of awarding a degree
- Loss of privileges and exclusion from activities
- Restitution
- Academic suspension
- Expulsion



- Alcohol is linked to as many as 2/3 of all sexual assaults and date rapes of college students.
- Underage drinking is the leading cause of deaths among teens.
- Repeated binge drinking can cause long-term brain damage.
- One episode of binge drinking can cause death.

No death is more preventable than alcohol
POISONING
 but alcohol poisoning deaths keep occurring.



SIGNS OF ALCOHOL POISONING

- Mental confusion, stupor, inability to be awoken
- No response to pinching of the skin
- Vomiting while sleeping
- Irregular or slow breathing
- Cold, clammy, unusually pale or bluish skin

TAKE IMMEDIATE ACTION

- 1 If signs of alcohol poisoning exist, CALL 911.**
Hesitating can mean life or death.
- 2 Try to Wake the Person.**
Call their name. Slap their face or pinch their skin.
- 3 Check the Person's Breathing.**
Evaluate if the person has slow or irregular breathing; 10 seconds or more between breaths or fewer than 8 breaths per minute.
- 4 Do Not Leave the Person Alone.**
It's important to stay with a person who's extremely drunk or barely conscious. Continue to monitor breathing and responsiveness. Ensure they don't choke on their own vomit.

JASON CONSUMED SEVERAL PITCHERS OF MARGARITAS,
 DRANK AS MANY AS 12 BEERS, WENT TO SLEEP, BUT
NEVER WOKE UP.