

# UCI Student Wellness & Health Promotion

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

## Alcohol Consultations

Alcohol consultations consist of a 45 – 60 minute one-on-one confidential appointment. To schedule a session, please call (949) 824-9355.

## Workshops

Are you interested in scheduling a fun, interactive workshop for a group of 25 or more on alcohol?

Email [studentwellness@uci.edu](mailto:studentwellness@uci.edu) for information.



Students under 21 years old aren't permitted to purchase, possess, or consume alcoholic beverages.

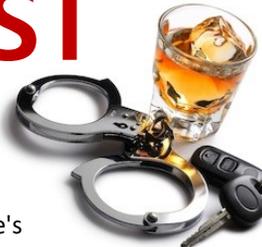
### What if this UCI policy is violated?

Any of the following types of disciplinary actions 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

# DUI COST

Hint: You can't afford it.



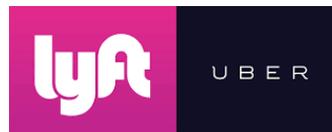
Everyone knows that driving under the influence is dangerous, irresponsible, and illegal. But, here's something else that doesn't always get talked about — DUI convictions are incredibly expensive.

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**

Use Rideshare!



Revised 6/22/20



# ALCOHOL AWARENESS

## KNOW THE FACTS



## UCI Police Department

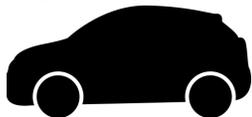
150 Public Services Building  
Irvine, CA 92697-4900  
(949) 824-5223  
[www.police.uci.edu](http://www.police.uci.edu)



Whether it being a sports victory or acing your final, it's a normal part of the college experience for students to celebrate. The UCI police department encourages you to have fun while staying safe at college parties.

## DON'T

get into a car with an intoxicated driver



**ALWAYS** pour your own drink

Guard your drink



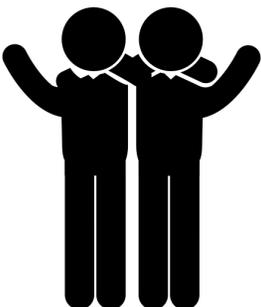
Be Aware of Your **SURROUNDINGS**



**Eat**



before and/or during drinking



**TRAVEL in PAIRS**  
Friends keep each other safe

Before the party



# SAVE A LIFE

## KNOW THE SIGNS

Even **JUST ONE** of these can indicate alcohol poisoning:

Slow breathing (less than 8 breaths per minute)



Blue-tinged skin, especially around the lips and fingernails

Seizures



Unconsciousness or unresponsiveness

Vomiting



## Alcohol Poisoning procedures

1

**GET HELP.** Call 911; even if you're not sure it's alcohol poisoning. Do not let them sleep it off. Your friend can die.

HELP

2



**KEEP THEM AWAKE.** Talk to them. Pinch them. You must prevent loss of consciousness. Inform them of what you are doing, what's happening, etc.

3

**ROLL THEM ON THEIR SIDE** ....so they don't choke on their vomit. You may also sit them up upright.



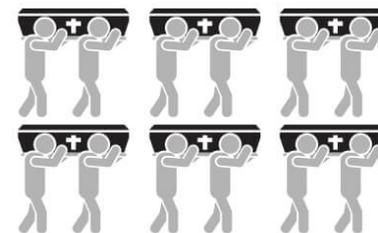
4

**STAY THERE.** Do not leave them alone! Wait for help to arrive.



Call Uber, Call Lyft

EVERY DAY, **28** PEOPLE DIE IN AN ALCOHOL-RELATED VEHICLE CRASH



OR ONE DEATH EVERY **51 MINUTES**

