

WHAT TO EXPECT WHEN GETTING HELP

Scan here to learn more:



- ☞ If there's any question about whether someone needs help, err on the side of safety and call 911. If you feel uncomfortable engaging with the police, we encourage determining ahead of time who in your friend group is most comfortable making the 911 call in a substance use emergency.
- ☞ After calling 911, stay and cooperate with emergency personnel. There is no cost for ambulances and students won't go to the hospital if not medically necessary. Police may notify Student Affairs, who might follow up later to make sure everyone's okay.

- ☞ UVA will not pursue disciplinary action for personal consumption of alcohol or other drugs against the person who called 911 or the person being helped if the caller stays with the person and cooperates with first responders. This also applies to getting help from a RA/SR for a possible emergency.
- ☞ If seeking care at Student Health and Wellness or any hospital for an alcohol or drug incident, police or school officials are not notified. Parents/guardians are only notified in life-threatening events or if the student is under 18.

SUBSTANCE SAFETY

**HOO
KNEW?**

96% of UVA undergraduates

who drink want their friends to tell them if they've had too much to drink.**

**HOO
KNEW?**

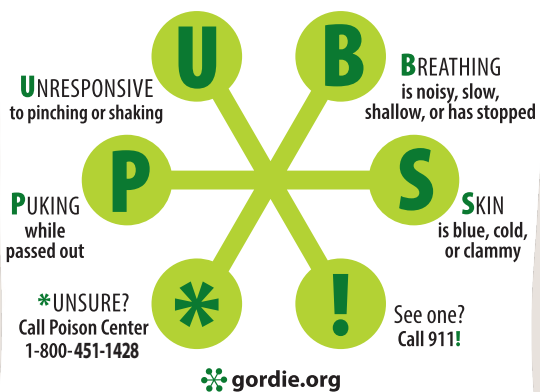
2 out of 3 UVA undergraduates

drank 0-4 drinks the last time they had alcohol in a social setting.*

ΣHW

Is It Alcohol Overdose?

Check for any of the four PUBS signs of alcohol overdose



See even one? Save a life. Call 911!

© 2014–2024 Rector and Visitors of the University of Virginia and its Gordie Center. This image or any portion thereof may not be reproduced without written permission.

- P** – Puking while passed out
- U** – Unresponsive to stimulation (a pinch or a shake)
- B** – Breathing (noisy, slow, shallow, or has stopped)
- S** – Skin (blue, cold, or clammy)

If you see even ONE of these signs, **CALL 911** immediately! Roll the person on their side to keep their airway open in case of vomiting or choking and stay until help arrives.

Tip: Know that you never have to finish a drink or accept drinks from others. Feel free to ask for water!

Cannabis Cautions

Keep in mind that...

- ☞ Cannabis is not FDA regulated, so actual product content and side effects can be varied and even contaminated
- ☞ Edibles can take up to two hours to take effect
- ☞ Use on UVA property is prohibited

Resources

- ☞ UTS OnDemand/NightPilot: Free, on-demand rides from 10:00PM to 5:00 AM, 7 days a week; use the TransLoc app
- ☞ Blue Light Phones: 911 direct line, located on and off Grounds
- ☞ Angel Shot: Let the bartender know you're in trouble by ordering this drink
- ☞ Rave Guardian: Access safety information and tools through this mobile safety app

There are many ways to have fun and socialize without drinking. Check out the WahooWeekender, an email listserv with substance-free weekend activities curated by Student Council (StudCo) and Peer Health Educators (PHE).

Health and safety are a priority at UVA, which means taking care of ourselves and the people around us. If choosing to use substances, practice these safer strategies:

- ☞ Stay with friends and don't leave anyone behind; if you get separated, call a friend
- ☞ Be mindful of the way that substances can lower inhibitions and affect decision-making
- ☞ Eat before and while drinking

- ☞ Watch your drink as it's made and keep an eye on it
- ☞ Tell a friend where you're going and plan a safe way home
- ☞ Pace and space alcohol with water
- ☞ Charge your phone before or bring a portable charger
- ☞ Leave if you don't feel comfortable in the environment