



What to do when someone is drunk

Having one too many can be dangerous. If you are with someone who is drunk:

- Distract them from having any more alcohol by giving them water or soft drinks but not tea or coffee
- Stay with them and try to keep them awake and upright
- Keep them warm - alcohol lowers body temperature and can lead to hypothermia
- Put them in the recovery position if they insist on lying down or pass out
- Monitor their breathing - slow breathing can be a sign of alcohol poisoning. Slow is considered less than eight breaths per minute.

Most people will begin to sober up after a few hours. It's time to call 999 if they are unresponsive, have pale or blue tinged skin, have a seizure, are taking less than eight breaths a minute, or don't stir when you try to wake them (unresponsive).

If you are unsure what to do, call NHS 111 for advice.



when it's less
urgent than 999

NHS 111 is a free 24 hour service and will give you healthcare advice or direct you to the local service that is best for you.