

# Acute Alcohol Intoxication

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Acute alcohol intoxication is a condition of loss of consciousness of the body mentally and physically, associated with drinking too much alcohol in a short amount of time. Occasionally, the level of consciousness falls, and vomiting / breathing conditions worsen.

When people drink alcohol, they become drunk/alcoholic for a moment. Normally, when the alcohol concentration in blood is about 0.02% to 0.1%, it becomes a relaxed state called 'tipsy'. If it exceeds 0.3%, it becomes a twilight state called "drunk", and if it exceeds 0.4%, it will be in a state that can cause a life threatening "coma". There is no clear standard for alcoholism to what extent, but over-drinking can lead to a loss of consciousness that can be life-threatening.

In general, people who have a red face after drinking alcohol are said to be at a high risk of acute alcohol intoxication because alcohol breakdown is slow. Among them, young people are considered to be at high risk of acute alcoholism because they do not know their limits and are still less resistant to alcohol.

If there are people around you suspected of acute alcoholism, please take note of the following; ① never leave the person alone, ②loosen clothes to make the person relax, ③ lay sideways to prevent suffocation by vomiting, ④ do not lift the person, even when about to vomit, and ⑤ use a blanket to keep the body warm and to avoid hypothermia.

Drinking alcohol under 20 (Underage Drinking) is prohibited by law. Selling and giving alcohol to minors is also prohibited. Do not encourage minors to drink alcohol. Also, do not let minors drink alcohol.

