



# 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.**

**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.**