

Standard pub dose



1 glass of wine
10cl at 12°

1 glass of beer
25cl at 5°

1 glass of whisky
3cl at 40°

Although volumes consumed are different, the amount of pure alcohol ingested remains the same 10g of pure alcohol per glass.

Home doses



9cl of whisky (home dose) =
3 x 3cl glasses of whisky (pub doses)

All home, one glass of alcohol often equals to several standard glasses. Be careful to overdose. Adding soft drinks will not modify the amount of alcohol.

With home doses, the legal limit for driving will be reached faster than you think. For your information, in France, if you own a probationary license, the authorised blood alcohol level is 0.2g/l. Otherwise it is 0.5g/l of blood.

Game



Shrek, Fiona and Gingerbread Man enter a pub and each of them orders a pint of beer (2 pub doses):

1. Which one will have the highest blood alcohol level?
2. Which one will be the most plastered?

Answer:
 (1) Gingerbread Man will have the highest blood alcohol level: he is the smallest and the lightest. He is followed by Fiona the Ogre. Actually, at equal weight, women have a higher blood alcohol level than men.
 (2) The most plastered will be... well, it depends! Although levels are unquestionable, feeling drunk depends on fatigue, habit, mood, and on the fact that you have an empty stomach or not...
 In other words, if Shrek has an empty stomach and has not slept and if he drinks for the first time in his life, he will probably feel dizzy before Gingerbread Man.



www.fetez-clairs.org



Take care of yourself and of your friends. Get informed about risks related to celebration on www.fetez-clairs.org so that partying will remain an enjoyment for everyone.

Do not throw on the public highway.





Name : ethanol / First name : alcohol
 Nickname : booze, hooch, juice, lush
 Discovery : since time immemorial
 Aspect : liquid
 Law side : lawful, open-sell product for 18+

Characteristics



• At low dose :

- Relaxation
- Euphoria
- Disinhibition...



• At higher dose :

- Loss of time and space perception
- Loss of balance
- Behaviour and speech disorder...



• But also :

- Loss of memory / Black-out
- Vomiting
- Alcoholic coma...

*Alcohol impairs capacity of judgement and reaction.
 Perceived effects are not always those intended.*

Alcoholic coma

Alcoholic coma is an acute alcohol intoxication leading to loss of consciousness. It occurs when blood alcohol level is very high – that is, if a person drinks too much and / or too quickly. The risk is even higher on an empty stomach. Alcohol levels at which it occurs differ from person to person. Alcoholic coma can cause death if relatives do not react properly.



*The maximum blood alcohol level is reached about 1 hour after a glass of alcohol is consumed, but this time frame may be 30 minutes if you have an empty stomach.
 Going jogging, dancing, taking a shower, urinating, drinking a coffee... do not allow sobering up more quickly!
 Only time allows it.*

In case of emergency

- Call or have someone call 112 or 15 and don't stay by yourself.
- If the person is conscious: keep them awakened by talking to them.
- If the person is unconscious:
 - Take off tight clothing.
 - Check that they are breathing (if not, give a cardiac massage as soon as possible).
 - Place in recovery position and place one of their arms under their head to prevent choking with vomiting or their tongue.
- Cover the person (alcohol cools the body).
- Stay next to the person until first aids arrive.

Useful contact details

ANPAA 75
 01 46 06 26 00
 (French association for alcohol and addiction prevention)

Emergence Espace Tolbiac
 01 53 82 81 70
 (Care and prevention centre – 75013 Paris)

CSAPA Pierre Nicole
 01 44 32 07 64
 (Young consumers' consultations - 75005 Paris)

Useful hints



1. Avoid drinking alcohol on an empty stomach.
2. Remember to drink water regularly during and after the party.
3. Allow intervals between your drinks.
4. Drink at your own pace - don't align with others' consumption.
5. Avoid mixes with other psychoactive products.
6. Avoid driving (car, moped, bike, scooter, rollers...).
7. Remember to protect yourself during intercourses.
8. Avoid sending messages to your ex...