

CDC Alcohol Poisoning Deaths Infographic



The life threatening signs of alcohol poisoning.

Life-threatening signs of alcohol poisoning include:



Inability to wake up



Slow breathing
(fewer than 8 breaths per minute)



Seizures



Vomiting



Irregular breathing
(10 seconds or more between breaths)



Hypothermia
(low body temperature),
bluish skin color, paleness

What is a “standard drink” in the US?



12 ounces
of beer
5% Alcohol



8 ounces
of malt liquor
7% Alcohol



5 ounces
of wine
12% Alcohol



1.5 ounces of distilled spirits
40% alcohol (80 proof)
e.g., vodka, whiskey, gin, rum

SOURCE: National Institute for Alcohol Abuse and Alcoholism.