

## WORST-CASE SCENARIO®

# HOW TO DEAL WITH A DRUNKEN DATE

### 1 Avoid confrontation.

You realize your date is drunk, but he might not believe it. Keep the conversation light and happy, but don't let him have any more to drink. Suggest a change of plans, like a walk outside.

### 2 Keep your date on his feet.

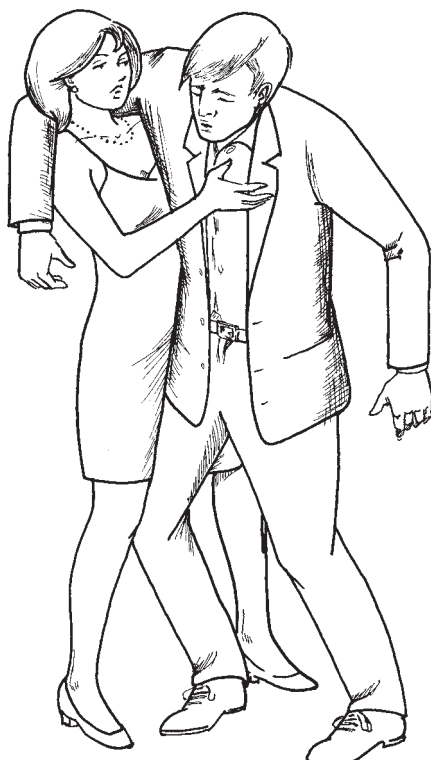
Support him as needed. Put your arm around his waist, putting his arm over your shoulder. If that doesn't work, try holding him up by the belt. If you cannot hold your date upright, keep him seated and call a taxi.

### 3 Lead your date out into the air.

Bars are often smoky and short of oxygen, and oxygen is a major factor in reducing drunkenness. Calmly walk your date outside to get some fresh air into his lungs. This may help him become more awake and aware. If he objects, say you need to go outside to make a phone call.

### 4 Encourage your date to vomit.

If your date is so drunk that he cannot walk, or if he is speaking unintelligibly, he should expel alcohol from his system. Vomiting purges the stomach and prevents more alcohol from entering the bloodstream. Make sure your date rehydrates after purging. If your



*Suggest a walk outside, to get some fresh air.*

date falls to the floor and passes out, roll him onto his side to prevent him from choking on his vomit.

#### **5** Watch for alcohol poisoning.

Signs of alcohol poisoning include tremors, unresponsiveness, unconsciousness, and lack of breathing.

If you suspect alcohol poisoning, position your date on his side, stay with him, and have someone call 911 for assistance.

#### **6** Help your date to sober up.

See the next section, “How to Sober Up Fast.”

#### **Be Aware**

- Common “cures” for drunkenness such as coffee or a cold shower are generally not effective; they will simply produce a more awake or wet drunk.
- Your body burns off approximately one drink an hour. It makes little difference if your drink is a 1-ounce shot of whiskey, a 5-ounce glass of wine, or a 12-ounce mug of beer—all contain similar amounts of alcohol. If you consume more than one drink per hour, you run the risk of becoming intoxicated. To minimize dehydration, drink a glass of water between rounds.
- If your drunk date goes to the restroom, stand outside and keep talking to him to be sure he remains conscious and responsive.