

BE A FRIEND

Help your friends by being an active bystander
WCU Rams look out for one another



THE 5 D'S

- DELEGATE** Get assistance from someone else to help or call 911
- DISTRACT** Draw away or divert attention from the situation
- DIRECT** Confront concerning behavior. Be firm and clear
- DELAY** Check on people after and ask how you can help
- DOCUMENT** If it is safe to do so, document the incident



REMEMBER C.U.P.S.

Knowing the signs of alcohol poisoning can save a life

- C** - Cold, clammy or blueish skin
- U** - Unconsciousness or unable to awaken
- P** - Puking while passed out or uncontrollably
- S** - Slow, shallow or irregular breathing

Person's ribs are motionless or exhales and does not inhale again for 10 seconds or more



A person does not have to be showing all signs to be at risk ◀
Alcohol poisoning can cause serious harm, brain damage, coma, or even death ◀

DON'T STALL, JUST CALL

If you think someone may be experiencing alcohol poisoning, take action



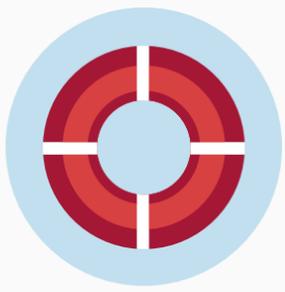
While waiting for medical help to arrive:

- ▶ Never leave the person alone, or to "sleep it off" - a person's blood alcohol concentration (BAC) can continue to rise after passing out
- ▶ To prevent choking or injury, stabilize person by lying them on the ground and turn them onto their side

Call 911 immediately

www.wcupa.edu/wellness
wellness@wcupa.edu | 610-436-0730
@WCUWellnessPromotion





WCU MEDICAL AMNESTY

To learn more about campus policies regarding substance use, visit wcupa.edu/conduct

The WCU Medical Amnesty policy has been instituted to encourage students to seek emergency medical assistance in situations that are possibly life-threatening due to alcohol or drug use, without fear of conduct violations for alcohol and drug use.

In order for a student to receive medical amnesty, the student seeking assistance must:

1

Call 911, Public Safety, Police, Emergency Services, or otherwise contact another Authorized University Representative based on a reasonable belief that someone, including themselves, is in need of immediate medical assistance

Reasonably believe that they were the first person to make the call and reported that a person needed immediate medical assistance

2

3

Provide their own name to the 911 operator, Public Safety, Police Emergency Officer, University Staff or other Authorized University Representative

Remain with the person needing medical assistance until emergency health care providers have arrived and taken care of the person in need of medical assistance

4

5

Comply with post event educational and/or counseling objectives issued by the Office of Wellness Promotion, and/or the Office of Student Conduct

**WCU
Public Safety:
610-436-3311
or x3311**

Medical Amnesty is not intended to shield or protect students from other Conduct violations related to the incident, or who repeatedly violate Conduct.

www.wcupa.edu/wellness
wellness@wcupa.edu | 610-436-0730
@WCUWellnessPromotion

