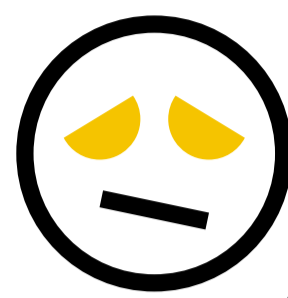
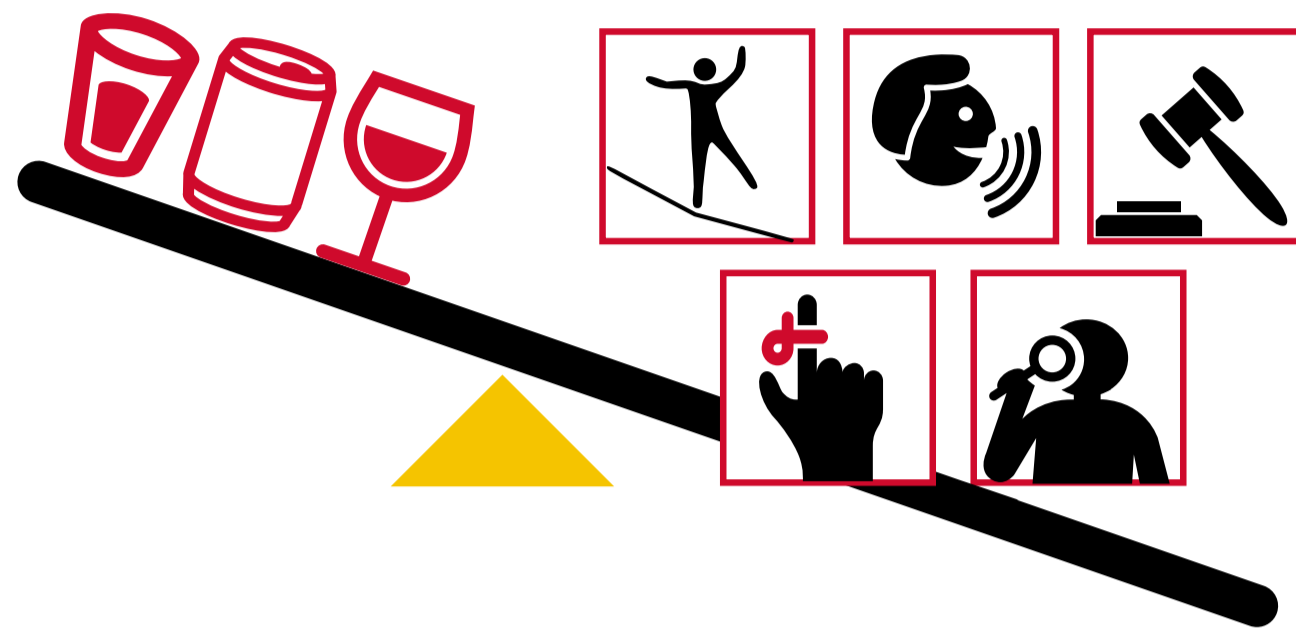


A closer look at...

Alcohol



Alcohol is a **DEPRESSANT** that is absorbed through the walls of your stomach and small intestine and then enters your blood stream. As the amount of alcohol in your blood (known as alcohol blood content/BAC) **INCREASES**, so does your **LEVEL OF IMPAIRMENT**.



As alcohol intake increases, speech, coordination, judgment, memory and attention are all negatively affected



When too much alcohol floods the system, basic functions such as breathing, heart rate and temperature control begin to shut down. This is called **ALCOHOL POISONING** and it is **LIFE THREATENING**.



DANGEROUS

In general, drinking is considered dangerous for women who have 4 or more drinks within 2 hours and for men who have 5 or more drinks within 2 hours.

If you suspect someone has alcohol poisoning

CALL 911 IMMEDIATELY

A person **DOES NOT** need to exhibit **ALL** these symptoms to have alcohol poisoning.

SYMPTOMS of alcohol poisoning include:



Irregular / Slow Breathing

Pale / Bluish Skin Tone

Confusion

Cold / Clammy Skin

Low Body Temperature

Loss of Consciousness

Vomiting

REMEMBER!

The effects of alcohol vary greatly based on a number of factors, including:

- A Person's Size
- Age
- Gender
- Drinking Experience
- Amount of Food Consumed
- Medications

Cigarettes

At an average of **\$6.30 A PACK**, smoking 1 pack a day costs about **\$4500/YEAR** or **\$375/MONTH**.



57% of the population say they would **NEVER DATE A SMOKER**.

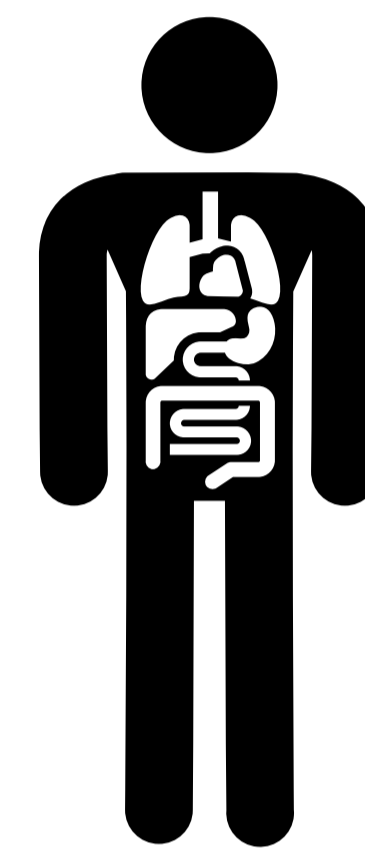


Cigarette smoking is linked to about **90%** of **LUNG CANCERS**.

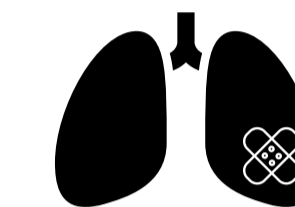
Smoking **REDUCES FERTILITY** and **INCREASES RISK OF MISCARRIAGE** and birth defects.



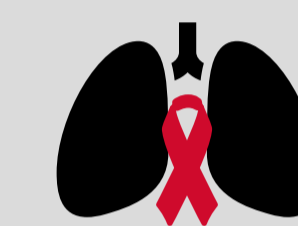
Ready for some good news?



2-3 weeks after quitting, your lungs start to heal



10 years out your risk of lung cancer drops by half



1 year out your risk of heart disease drops by half



Marijuana

Marijuana use has both short and long term effects.

It can increase:

Heart Rate



Breathing Problems



Depression



It can decrease:

Sexual Performance + Pleasure



Coordination



Motivation



Contrary to popular belief, **POT CAN BE ADDICTIVE**.



Edibles can be more potent than smoking, but can take longer to kick in, causing people to get impatient and eat more. This can cause a severely **INTENSIFIED** and **UNPLEASANT HIGH**.

