

**WARNING TO ALL
STUDENTS:**

Alcohol can *Kill*.

Put an end to alcohol-related deaths and underage drinking!

Tragically, two Keio students have passed away in the past academic year because of excessive drinking during parties with their student organizations. In one of these organizations, students had developed the custom of binge drinking by repeatedly inciting peers to chug drinks with chants or “calls.” In addition, many other alcohol-related accidents and incidents among the students are on the rise. Please read this brochure carefully to grasp a firm understanding of alcohol and its effects.

**The legal drinking age in Japan is 20 years old,
and underage drinking of any kind is a violation of the law.**

Underage drinking is strictly prohibited, and it is also prohibited to allow anyone under 20 to drink alcohol. Should a minor drink alcohol, the party organizer and organization will be required to take full responsibility.

There is no room for excuses like claiming ignorance of the presence of minors.

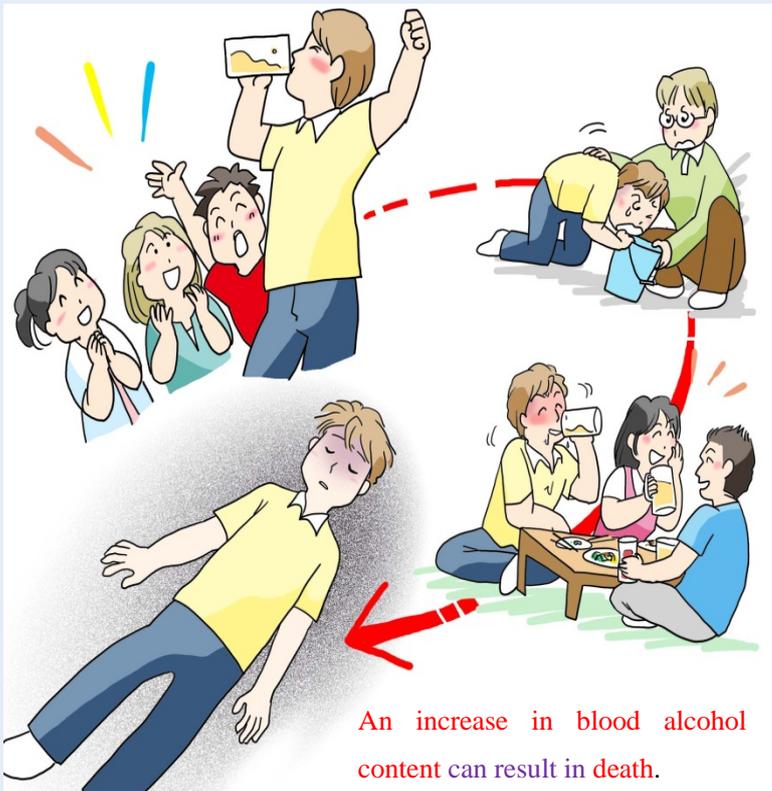
Please read the second page.

Acute alcohol poisoning can lead to death.

Acute alcohol poisoning is caused by an increase in blood alcohol content (BAC) and has no relation to a person's tolerance to alcohol. BAC is determined by **the amount of alcohol** and **speed of drinking**. Many people who believe they are able to hold their liquor have a tendency to drink too much and become victims of acute alcohol poisoning.

The Four Phases of Alcohol's Effects on the Brain.

| | |
|-------------|---|
| Tipsy | Paralysis of cerebral cortex |
| Intoxicated | Paralysis spreads to cerebral limbic system |
| Blind drunk | Paralysis spreads to whole brain, brainstem, and spinal cord. |
| Coma | Paralysis of respiratory-regulating medulla oblongata. |

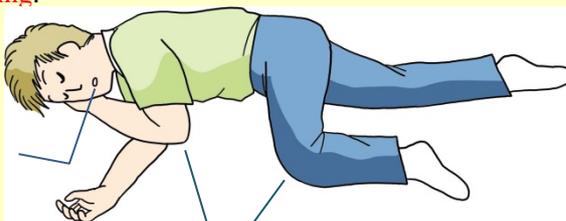


If someone passes out drunk

- Do **NOT** leave them alone.
- Prevent** loss of body heat.
- Put them in **the recovery position**.

This position prevents retraction of the tongue and **suffocation from vomiting**.

Extend lower jaw to secure their airway.



Bend their elbows and knees so that they aren't sleeping on their back.

A careless attitude may lead to death.



Better safe than sorry. If you notice symptoms, **take them to the hospital immediately**.

He/she can't get up on their own



At this point, there is a high risk of alcohol poisoning. **Take them to the hospital**. Go to an emergency hospital if at night.

He/she doesn't react even when pinched.



This is a **serious** condition. **Call an ambulance. (119)**

For advice, call **#7119 (Tokyo, Yokohama only)**

Please contact university offices like the Office of Student Services, Student Counseling Room, Health Centers or Harassment Prevention Committee if any problems concerning alcohol should arise.

The office of Student Services on Hiyoshi campus: 045-566-1025

The office of Student Life Section on SFC: 0466-49-3408

Faculty of Nursing and Medical Care Administration Office : 0466-49-6200