



GET THE FACTS ON ALCOHOL

What is alcohol?

Ethyl alcohol, the intoxicating component found in beer, wine, and liquor, is produced by the fermentation of yeast, sugars and starches.

How does alcohol work?

It is a central nervous system depressant that is absorbed from the stomach and small intestine into the bloodstream. It is processed in the liver, but the liver can only process a small amount of alcohol at a time, leaving the left over alcohol to circulate through the body.

How does alcohol affect the body?

Health risks associated with drinking a lot of alcohol can include life-long diseases such as cirrhosis of the liver, pancreatitis, various cancers, high blood pressure and psychological disorders. Unintentional injuries have also been linked to heavy alcohol use, such as motor-vehicle crashes, falls, drowning and injuries from shootings.

Serving sizes of alcoholic beverages

This can change depending on your tolerance, size, medical history, sex and other factors.



Beer
12 ounces
5% ABV



Malt Liquor
8 ounces
7% ABV



Wine
5 ounces
12% ABV



Liquor
1.5 ounces
40% ABV (80
proof)



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MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

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Safety tips:

- Do not mix substances
- Know your limits
- Have water between alcoholic drinks
- Eat something
- Have a plan to get home (use a ride-share or a designated driver)

How to help someone who has alcohol poisoning:

- Call 911 immediately
- Keep them awake if possible
- If unconscious, roll the person on their side to prevent choking
- Stay with them until help arrives

Signs of potential alcohol poisoning:

- Mental confusion
- Slowed or abnormal breathing
- No gag reflex
- Low body temperature
- Chills or shivers
- Throwing up
- Seizure
- Slow heartbeat
- Clammy, pale skin
- Extreme tiredness

Health or substance use disorders services:

- Community Health Centers: [MO-PCA.org/find-a-health-center](https://www.mo-pca.org/find-a-health-center)
- SUD Treatment Centers: [NoMoDeaths.com/get-treatment](https://www.nomodeaths.com/get-treatment)

For more information, visit:

- StaySafe: [MoStaysSafe.com](https://www.mostaysafe.com)
- NoMO Deaths: [NoMoDeaths.com](https://www.nomodeaths.com)



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