Sun God says...

IF YOUR FRIEND IS:

Responsive, but sluggish and sleepy → Put them on their side, give water, and stay with them

Passed out, but can be woken up → Put them on their side, give water, and stay with them—if anything changes, call for help!

Not responsive, or vomiting while not responsive, or breathing irregularly, or bluish in skin tone → Call 911 or (858)534-HELP (4357) Take action!

NEVER leave a friend alone!
NEVER hesitate to call for help!

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IF YOUR FRIEND HAS ANY OF THE FOLLOWING:

- weird behavior, acting dramatically different than the person you know
- high body temperature & dry skin
- very rapid heartbeat
- can’t walk on their own or hold themselves up

YOU SHOULD:

STAY WITH THEM and Call 911 or (858) 534-HELP (4357)

Take action!

NEVER leave a friend alone!
NEVER hesitate to call for help!

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