

# 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



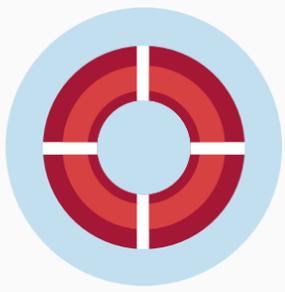
While waiting for medical help to arrive:

- ▶ 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](http://www.wcupa.edu/wellness)  
[wellness@wcupa.edu](mailto:wellness@wcupa.edu) | 610-436-0730  
@WCUWellnessPromotion





# WCU MEDICAL AMNESTY

To learn more about campus policies regarding substance use, visit [wcupa.edu/conduct](http://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.**

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