

STUDYING ABROAD? PARTYING ABROAD?

LEARN HOW TO BE SAFE

We know you're already aware of some risks.



COMMONLY KNOWN RISKS

As college age Americans, most if not all of us, are familiar with certain basic risks when going out partying, using drugs, or alcohol. We already know about drugs getting slipped into our drinks and we know about alcohol poisoning. It's important to remember that these risks you're familiar with are country dependent.



Abroad risks can be different and unfamiliar

COUNTRY SPECIFIC RISKS

Part of the fun of traveling is getting to experience many unfamiliar things, but this also makes it dangerous if you're not educated on different concerns you should watch out for. Research the country you're going to ahead of time!



Example: Methanol poisoning

A SILENT EPIDEMIC

Methanol poisoning is different than alcohol poisoning. Toxic levels of methanol can be formed when improper distillation occurs during the production of alcohol. Additionally, methanol is sometimes intentionally added to informally-produced alcohols to keep costs of production low. Although methanol poisoning occurs in the US, it is very rare. Young tourists are most at risk because of the cheap cost and higher levels of drinking.



What happens with methanol poisoning?

A QUICK CHEMISTRY LESSON

Methanol itself is a commonly used, low toxicity chemical. However, when methanol is digested in the body, it is broken down into highly toxic chemicals that cause detrimental health effects, including blindness or even death. Digesting methanol takes time and this lag between ingestion and toxic effects results in victims seeking medical care much later than with alcohol poisoning.



What should I do about methanol poisoning?

PREVENTION AND SIGNS

To avoid the risk of methanol poisoning, buy alcohol from settings that are licensed to sell alcohol, such as in the duty free section of airports or reputable bars. Don't buy alcohol that is unreasonably cheap, has an unlabeled bottle, or looks tampered with. Common early signs of methanol poisoning, such as drowsiness and a lack of inhibition, are similar to alcohol poisoning and can go unnoticed. Later, more distinctive signs of methanol poisoning are changes in vision and a disproportionate level of 'drunkenness' to level of alcohol consumed.

VISIT THE WORLD HEALTH ORGANIZATION'S
WEBSITE TO LEARN MORE

SAFE TRAVELS!

In memory of Ryan Tuney