

Methanol Poisoning

WAYS TO PROTECT YOURSELF WHILE TRAVELING

Methanol Poisoning

- Methanol is an industrial chemical and is also known as wood alcohol
- **EXTREMELY** poisonous! As little as **2 oz can kill** an adult and 30 milliliters can kill a child
- What do you think some symptoms of methanol poisoning are?



The Symptoms

- **Airways and Lungs:** difficulty to no breathing
- **Eyes:** Partial blindness/blurred vision
- **Heart and Blood:** Low blood pressure
- **Nervous system:** Agitated behavior, confusion, difficulty walking, and seizures
- **Skin and Nails:** Bluish colored skin and lips
- **Stomach and Intestines:** Severe abdominal pain, vomiting (can be bloody)

Going Abroad?

- Methanol is more prevalent in developing countries and especially so in Southeast Asia
- UNCW Study Abroad partnership locations:
 - Singapore – Asia
 - Port Elizabeth – South Africa
 - Seoul – South Korea
 - Suwon – South Korea
 - Cusco and Lima – Peru
- **DO YOUR RESEARCH!**



Strategies to Avoid

- What are some strategies to avoid?
- Sobriety
- Buy only from trusted retailers
- Buy canned or bottled beer
- Drinks that are far too cheap, do not drink
- Do you research on where you are

Low Risk Drinking

- What do you think some strategies are to be safer when you drink?
- Eat protein before going out
- Space and Pace
- Hydrate throughout the day
- Set a limit for yourself
- Have your friends around you

**Make
safe
choices
about alcohol.**

Sources

- <https://medlineplus.gov/ency/article/002680.htm>
- https://www.who.int/environmental_health_emergencies/poisoning/methanol_information.pdf
- <https://www.wbtv.com/2018/10/06/local-family-has-warning-after-son-dies-studying-abroad/>
- <http://www.methanol.org/wp-content/uploads/2017/02/FAQ-on-methanol-poisoning-treatment-20160322-EN-general.pdf>

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Visit The Crossroads Office

- **Have questions?**
- **Find us in the SRC 104**
- **Call us at 910-962-4135**