



If you have any questions about alcohol or other drugs, call:

**Illinois Department of Human Services**  
Division of Alcoholism and Substance Abuse

**1-866-213-0548** (toll-free Voice)  
**1-866-843-7344** (toll-free TTY)

If you have questions about Illinois Department of Human Services (IDHS) programs or services please call or visit your local Family Community Resource Center (FCRC). We will answer your questions. If you do not know where your FCRC is or if you are unable to go there, you may call the automated helpline 24 hours a day at:

**1-800-843-6154**  
1-800-447-6404 (TTY)

You may speak to a representative between:  
**8:00 a.m. - 5:30 p.m.**  
**Monday - Friday** (except state holidays)

Visit our website at:  
**[www.dhs.state.il.us](http://www.dhs.state.il.us)**



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# ALCOHOL

Facts You Should Know About



**Alcohol** is a colorless, volatile, and pungent liquid. Ethyl alcohol, or ethanol, is an intoxicating ingredient found in beer, wine, and liquor. Alcohol is a depressant to the central nervous system and the most widely used drug in the country. Withdrawal from alcohol abuse can lead to serious health complications such as seizures. This makes it necessary for many individuals to enter a detoxification program to monitor their health during the withdrawal process.

### **Slang Terms:**

Booze	Grog
Juice	Sauce

### **Methods of Intake:**

Ingestion

### **THE HIGH:**

The disinhibiting effect of alcohol is the main reason it is used. Alcohol appears in the bloodstream within 5 minutes after ingestion and reaches its highest blood alcohol level in 30-60 minutes. Alcohol is transported through the bloodstream to all parts of the body.

### **THE LOW:**

Alcohol use has many damaging effects on all areas of a person's life. Alcohol is the primary cause of liver disease, nutritional deficiencies, and is related to half of all traffic fatalities and homicides in the United States. If a person abuses alcohol, he/she may become dependent on it. The side effects of alcohol are dependent on a variety of factors, including the quantity consumed, a person's age, size, sex, as well as the amount of food eaten before or during consumption.

### **Side Effects:**

Dizziness	Loss of inhibitions
Slow reactions	Loss of Coordination
Blurred Vision	Impaired motor skills
Slurred speech	Sudden mood swings
Flushing	Irregular pulse
Enlarged heart	Unconsciousness
Talkativeness	Memory Impairment
High blood pressure	

### **Withdrawal Symptoms:**

Shakiness	Vomiting
Sweating	Hallucinations
Body tremors	Convulsions

### **Sources:**

- <http://www.lec.org/DrugSearch/Documents/Alcohol.html> ;
- <http://www.drugfreeamerica.org/druginfo/drugInfo.asp?drugID=1>
- Centers for Disease Control and Prevention; Alcohol; frequently asked questions 2013 <http://www.cdc.gov/chronicdisease/index.htm>

## **SUBSTANCE ABUSE TREATMENT FACILITY LOCATOR**

If you would like to know what substance abuse treatment providers are in your community, contact one of the following helplines:

1-800-662-HELP  
1-800-662-9832 (Espanol)  
1-800-228-0427 (TTY)

OR, visit the following website:

<http://findtreatment.samhsa.gov/TreatmentLocator>