



## Physical Signs of Alcohol or Other Drug Use

- **General Appearance:** Lack of hygienic appearance, grooming, sense of well being, or healthy facial glow. A person may look as if he/she had been staying up all night. Observe level of anxiety or passiveness, response to questions, and eye contact when engaged in conversation.
- **Face:** Presence of puffiness, flushed appearance, broken capillaries around cheeks and nose, unhealthy skin color.
- **Eyes:** Dilated pupil or very small pupils, red eyes, roving eye movements, visual complaints, light sensitivity, unusual tearing.
- **Nose:** Rhinitis, runny nose, frequent sniffing (excuse may be allergy problems), frequent nosebleeds, puffy and red nose.
- **Skin:** Excessive sweating, track marks, bruises, abscesses on legs and arms, excessive scratching and itching.
- **Nails:** Gray, blue or ashen color.
- **Movement:** Trembling hands, uncoordinated movements.
- **Blackouts:** (For Alcoholics)

Small dots of blood from injections may be observed on clothes, or there may be unfamiliar or distinctive odors in the home. In addition, the individual may have a strong or old odor of alcohol on the breath or clothes.