

# DELIRIUM TREMENS

**DTs can occur when you stop drinking alcohol after a period of heavy or prolonged alcohol use.**



## SYMPTOMS MAY INCLUDE:

- Delirium (severe confusion)
- Body tremors
- Changes in mental function
- Agitation, irritability
- Deep sleep that lasts for a day or longer
- Excitement or fear
- Hallucinations
- Burst of energy
- Quick mood changes
- Restlessness
- Sensory sensitivity
- Stupor, sleepiness, fatigue
- Seizures can also occur, with or without other symptoms

**DTs are serious and may require medical intervention.**

**Call your healthcare provider or 911 if you suspect you may be experiencing them or have a past history of alcohol complications.**