

tips for safer drinking + partying!

1. pace yourself drink slowly and alternate water with alcoholic drinks

2. avoid mixing different kinds of alcohol, or alcohol with other drugs. the effects can be exponential and unpredictable when you mix.

3. keep track of how much you're drinking make sure you are aware of how much you're consuming know the alcohol content of your drinks and mix your own.

4. eat food and stay hydrated this will slow the absorption of alcohol and help prevent alcohol poisoning

5. strive for under .05! get a BAC chart from the wellness center and aim to stay in the green zone. have fun, don't get wasted.

6. plan ahead make sure you have a designated driver and/or a safe place to stay. look out for your friends + don't let them do stuff they may regret when they sober up. plan a signal for "lets get out of here" or "please rescue me from this person"

7. call the EMT's if someone has passed out, is vomiting profusely, or is disoriented or acting bizarrely

helpful numbers:

EMT's + campus police x5424

health services x5458

the wellness center x5743

