

# ALCOHOL SAFETY TIPS



## GETTING THERE AND BACK

- Plan how you will get home at the beginning of the evening.
- Choose a sober designated driver.
- Take a cab or uber.

**Don't mix energy drinks with alcohol, as this can result in serious negative consequences, including being more likely to engage in high-risk drinking.**

## BEING THE GUEST

- Remember: pre-gaming leads to more alcohol consumption and negative consequences.
- Set a limit to the number of drinks you want to have before the party begins.
- Pace yourself to have one drink per hour.
- Don't chug or gulp alcohol quickly and limit your drinking game playing.
- Drink water between alcoholic drinks.
- Add more ice to your drinks to slowly dilute them.

## BEING THE HOST

- Keep an eye on your friends and family.
- Designate a sober host for the party.
- Serve non-alcoholic beverages in addition to any beverages being served.

**Always remember: if you choose to drink, drink moderately, take your time and enjoy the evening!**

## RESPONDING TO ALCOHOL EMERGENCIES

If you suspect alcohol poisoning or have concern about an alcohol related injury, it is important to seek immediate medical care. Some students may be hesitant to seek medical attention for fear that the police may be contacted. If you are unsure if someone needs medical attention, it is crucial to be safe.