

HOW TO DRINK RESPONSIBLY

- NEVER drink and drive.
- Only drink when you want to.
- Do not drink to intoxication.
- Drink water between drinks.
- Eat before you go out drinking
 - The rate at which alcohol is absorbed into the blood depends on how quickly the stomach empties its content into the intestines.
 - People who ate a meal that included fat, protein and carbohydrates absorb alcohol three times more slowly than those that drank on an empty stomach.
- No more than one drink per hour.
- Limit drinks to 2 or less per day for males and 1 or less per day for females.
- Don't pressure others to drink.
- Have a designated driver before you go out.
- Don't leave your drink unattended. Any thing could be put into it when you're back is turned.
- Know what you are drinking. If its a mystery drink, avoid it.
- Look out for your friends drinking behavior.
- Know the signs of alcohol poisoning.
- Don't mix medications with alcohol.
 - Heavy drinking transforms over the counter medications like Tylenol into chemicals that can cause liver damage.

10 RESPONSIBLE DRINKING STRATEGIES



1. Stay with the same group of friends the entire time drinking.



2. Use a designated driver



3. Eat before and/or during drinking



7. Determine in advance not to exceed a set number of drinks



6. Avoid Drinking Games



5. Stick with only one kind of alcohol



4. Keep track of how many drinks are being consumed



8. Have a friend let you know when you have had enough



9. Alternate non-alcoholic with alcoholic beverages



10. Pace drinks to one or fewer per hour