

HOW TO DRINK RESPONSIBLY

BEFORE

★
BE 21
OR OLDER

★
Learn how alcohol affects
YOU AS AN INDIVIDUAL

★
PLAN A SAFE WAY HOME
BEFORE YOU GO OUT

★
Know medications and drugs
ACT DIFFERENTLY
when mixed
= WITH ALCOHOL =

DURING

★
EAT A FULL MEAL
AND DRINK WATER OFTEN

★
KIDS ARE BASICALLY LITTLE OVERLORDS who watch your every move, so keep that in mind while you're enjoying yourself

★
Don't give friends a hard time
if they choose not to drink this time (or ever)

★
STICK TO A STANDARD POUR

★
UNDERSTAND ALCOHOL AFFECTS MEN AND WOMEN DIFFERENTLY

★
IF YOU'RE HOSTING,
SERVE **NON-ALCOHOLIC FOOD & DRINKS, TOO**
AND DON'T OVER-SERVE YOUR GUESTS

★
PACE YOURSELF

AFTER

★
STICK TO THE PLAN you made before the festivities began,

AND
GET HOME SAFELY

★
KNOW THAT ONLY TIME

will lower your BAC once the drinking stops

NOT
coffee, a cold shower, or three large pizzas.

★
YOUR BAC can continue to rise **FOR UP TO 30 MINUTES** after you stop drinking before it starts to come down

