

# Stop and Think Before You Drink

Alcohol is all around us. And many people enjoy a drink now and then. But drinking – especially drinking too much – can hurt your health and get you into trouble. Stop and think before you drink.

## Remember, you don't have to drink.

- ✓ Decide for yourself if you want to drink. Don't let friends decide for you.
- ✓ It's okay not to drink if you have to drive or are getting up early the next day, or just because you don't want to.

## If you do decide to drink...

- ✓ Don't drink on an empty stomach.
- ✓ Set your own pace – don't try to keep up with other people.
- ✓ Have no more than one alcoholic drink per hour.
- ✓ Sip your drink slowly. Make it last.
- ✓ Drink water or juice between alcoholic drinks.
- ✓ When you know you've had enough, stop drinking.



## Be safe.

- ✓ If you're going out, let someone know where you will be.
- ✓ Plan to have a non-drinking driver or another safe way home.
- ✓ Watch your drinks – someone could add drugs or more alcohol.
- ✓ Alcohol and medicines often don't mix (check with your doctor).



## Drinking games are dangerous.

- ✓ Doing shots or playing drinking games can quickly lead to drinking too much, too fast – and can cause alcohol poisoning.



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## Drinking too much or too often?

Here are just a few of the things that can happen:

- ✓ Alcohol poisoning from drinking too much, too fast.
- ✓ Slacking off at school or work.
- ✓ Drunk driving and accidents that can kill.
- ✓ Unprotected sex and risk of sexually transmitted infections.
- ✓ Risk of sexual assault.
- ✓ Harm to your liver and other parts of your body.
- ✓ Arrests and trouble with the law.
- ✓ Alcohol addiction.



**IF YOU THINK YOU'RE DRINKING TOO MUCH, YOU CAN GET HELP TO CUT BACK OR TO STOP. START BY CALLING 1-800-662-HELP (1-800-662-4357).**



## WARNING SIGNS OF ALCOHOL POISONING

Alcohol poisoning can kill you. Doing shots and binge drinking – having three to five drinks or more, one right after the other – can lead to alcohol poisoning. Signs of alcohol poisoning include:

- ☐ Not waking up
- ☐ Vomiting
- ☐ Seizures
- ☐ Slow breathing (fewer than eight breaths per minute)
- ☐ Irregular breathing (10 seconds or more between breaths)
- ☐ Cold, clammy skin
- ☐ Bluish skin color, or paleness
- ☐ Low body temperature

**IF YOU THINK SOMEONE IS SHOWING SIGNS OF ALCOHOL POISONING, CALL 911.**



**Stop and think before you drink.**

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