

A Safer Night Out



While You're Out

- Pace yourself:
 - Do your best to keep your alcoholic beverages to 1 drink or less per hour. This will not only help you stick to your limit, but also give your liver time to process the alcohol.
 - There is no need to chug or slam your drinks, especially by playing drinking games. Sipping will still allow you to feel the buzz, while keeping you present.
 - Avoid taking shots. You can't feel them right away and may end up drinking more than expected.
- Hydrate:
 - Have your drink next to a glass of water or alternate between an alcoholic beverage and a non-alcoholic beverage to help pace yourself. Staying hydrated also helps keep the hangover away.
 - Many places have delicious mocktail options that you can enjoy.
- Stay safe:
 - Keep track of your drink and what you are drinking. If a stranger hands you a drink, politely decline. If you don't know what is in a drink at a party, choose another option.
- Avoid mixing:
 - Mixing alcohol and other substances, such as prescription medication, weed, ecstasy, etc., can lead to negative and sometimes dangerous effects. This includes blacking out and liver or kidney failure.
 - Even mixing alcohol with caffeine or energy drinks can lead to severe dehydration and increase your heart rate.

