

# Tips for Alcohol Safety



1. **Know your Limits.** Be aware of how alcohol affects you.
2. **Don't drink on an empty stomach.**
3. **Alternate alcoholic drinks with water or non-alcoholic beverages.**
4. **Plan your transportation ahead of time. Don't drink and drive!**
5. **Sip your drink.** Avoid beer bongs, chugging, drinking games.
6. **Accept a drink only if you really want one.**
7. **Know when you've had enough and say so.**
8. **Use alcohol carefully in connection with other drugs.** Most drugs do not mix well with alcohol. Read all warning labels.
9. **Respect the rights of others who do not wish to drink.**

**Know the Signs of Alcohol Poisoning.** Call 911 and Seek Help Immediately if you see any of these signs:

- Passed out, unresponsive
- Cold/clammy skin
- Chills, seizures
- Bluish/pale discoloration
- Excessive vomiting