IF YOU CHOOSE TO DRINK, REDUCE YOUR RISK

If you or your friends choose to drink alcohol, try these tips to reduce the risk of unintended consequences.

WHAT TO DRINK
- Alternate between alcoholic and non-alcoholic drinks. Drink water throughout to help avoid dehydration.
- Drink standard-sized drinks and keep track of how many you drink. A standard shot is 1.5 ounces, glass of wine 5 ounces, standard beer 12 ounces. A shot will only come up about half an inch on the bottom of a red Solo cup.
- Avoid caffeine and energy drinks. These mask the effects of alcohol and you may drink more than you would otherwise.
- Avoid carbonated drinks (like Rum & Coke) — carbonation speeds up the absorption of alcohol.

HOW TO DRINK
- Eat something before and while drinking — this slows alcohol absorption.
- Spread drinking out over time — avoid rapid consumption.
- Keep your eye on your drink so that nobody can drop anything into it.
- Bring your drink with you to the restroom and pour some of it into the sink or toilet.

IN GENERAL
- Avoid turning to alcohol in an attempt to reduce stress, feel more energized or comfortable or escape problems. Try to find alternative activities that will reduce stress (exercise, talk to a friend, etc).
- Designate yourself as the “Sober Buddy” — the one who makes sure everyone gets home safely. Go you!

REMEMBER
If you are with someone who exhibits signs of alcohol poisoning (C.U.S.P. = Cold clammy skin, Unconsciousness, Slowed or irregular breathing, Puking while passed out) call NYU Public Safety (212-988-2222) or 911.

If drinking is becoming a problem for you or a friend, you can call the Wellness Exchange hotline 24/7/365 for support: 212-443-9999.