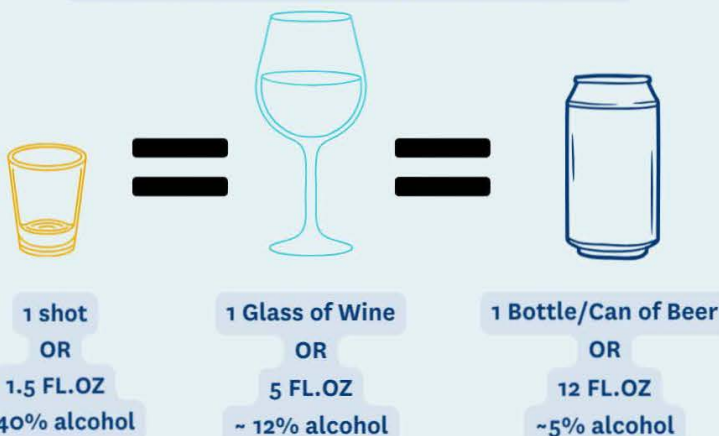


Sip Smart



What's 1 drink?

**responses depend on sex, body mass, and tolerance



Did you know?



Alcohol content varies depending on the type

The higher the alcohol content, the more powerful and potent the beverage is

The body can only metabolize one drink per hour, but everyone's reaction to alcohol is different--some factors include weight, sex, food intake, and rate of consumption



Do you know how much alcohol is in your system?
Use the Blood Alcohol Tracker!



Prep yourself. Don't drink on an empty stomach.



Hydrate. Drink water between alcoholic drinks.



Go slow. Pace yourself by taking small sips rather than downing your drink. Avoid more than one standard drink per hour.



Don't mix. Using alcohol and other substances at the same time can have bad side effects.



Watch your drink. Watch as your drink is prepared so you know what's in it. Cover your drink when you're in a crowd and don't leave it unattended.



Arrange safe transportation. Have a plan before you go out. Use a ride-share or call a sober friend. If walking, do so in a group.

Signs of Alcohol Poisoning

Consuming large quantities of alcohol, especially types with higher alcohol content, in a short period of time can be dangerous – and even deadly.

If you notice any of these signs, call 911 for immediate medical attention:

- Vomiting
- Irregular or slow breathing
- Confusion
- Cold, clammy skin
- Seizures
- Skin that looks blue or gray
- Going in and out of consciousness or passing out

University's Good Samaritan Provision

The university encourages students to call 911 for immediate medical attention, without concern of disciplinary consequences related to alcohol or substance use. Instead, students may be referred to complete an alcohol or drug evaluation, counseling, and/or treatment. This occurs on a case-by-case basis at the discretion of the Dean of Students.