

HELPFUL HINTS IF YOU PLAN TO DRINK ALCOHOL

- Eat before going out to drink and continue to eat while you are drinking
- Decide on a limit of the number of drinks you will have and stick to it
- Pace yourself - drink no more than one alcoholic beverage per hour
- Alternate with non-alcoholic beverages
- Avoid Drinking Games
- Use a Designated Driver - a designated driver is one who does NOT drink ANY alcohol before or during a party, get together, etc.
- Avoid getting into a car with a driver who has been drinking - even a couple of drinks
- Remember, it is illegal to drink if you are under the age of 21



One Standard Drink Equals ...

- 1 – 12 oz. can/bottle of beer
- 1 – 4 oz. glass of wine
- 1 – mixed drink with 1 shot of liquor
- 1 – 1 ½ oz. liquor (standard shot)
- 1 – 12 oz. bottle of wine cooler

Brought to you by:

THAGARD Student Health Center

Take control of your life ...

drink responsibly!