ALCOHOL BASICS

Always have a plan. Be responsible for yourself and your friends!

1. KNOW WHAT A STANDARD SIZE DRINK IS
   The liver typically processes one standard size drink per hour.
   
   ![12 OZ BEER](image1) = ![5 OZ WINE](image2) = ![1.5 OZ 80 PROOF LIQUOR](image3)

   Don't drink on an empty stomach
   Keep track of how much you’re drinking
   Only time can sober you up

   Caution! Some drinks have a higher alcohol by volume (ABV) than others.

2. THE WAY YOU REACT TO ALCOHOL DEPENDS ON:
   Strength of drink, gender, body weight, drug use, food and rate of consumption. All these factors impact your blood alcohol concentration (BAC).

3. AVOID DRINKING GAMES & BINGE DRINKING
   They increase your risk of alcohol poisoning, brain and liver damage.

   ![WOMEN: 4+ DRINKS](image4) ![MEN: 5+ DRINKS](image5)

4. KNOW THE SIGNS OF ALCOHOL POISONING
   VOMITING
   CONFUSION
   BLUISH LIPS
   SEIZURES
   TROUBLE BREATHING
   CLAMMY + PALE SKIN
   DIFFICULTY OR INABILITY TO REMAIN CONSCIOUS

   TAKE ACTION
   - ROLL THEM ON THEIR SIDE
   - CALL 911
   - DON’T LEAVE THEM ALONE
   - BEGIN CPR IF HEART RATE STOPS

5. IF YOU WITNESS SOMEONE IN A RISKY SITUATION
   › DIRECTLY intervene to prevent a problem from happening.
   › DELEGATE and seek help from someone else.
   › DISTRACT the offender by creatively interrupting the situation.

HEADS UP
Higher Education Alcohol & Drug Strategic Unified Prevention
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