

# 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.



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

Don't drink on an empty stomach

Keep track of how much you're drinking

Only time can sober you up

## 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.



## 4 KNOW THE SIGNS OF ALCOHOL POISONING



### 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.

