Please read!

This brochure contains information about alcohol and its effects. We do not condone or advocate underage drinking.

We do not make the claim, nor do we imply that the use of any drug can ever be completely safe. We assume no responsibility for how the information in this brochure is used. Read and act at your own risk.

If you are concerned about your health or that of someone else call 9-1-1 immediately!

If you Drink don’t Drive!

1. Even small amounts of alcohol affect your ability to make good decisions.
2. Making decisions about sex while drunk or high is risky. It can lead to unwanted sex, pregnancy and sexually transmitted infections (STI’s).
3. Being drunk puts you at risk for date rape. About half of all sexual assaults involve alcohol.
4. Staying with your friends, watching your drink and looking out for each other will reduce your risk of sexual assault.
**alcohol**

1. Alcohol is a drug.
2. Drinking to get drunk can lead to alcohol poisoning.
3. Don’t be fooled - a bottle of beer, a shot of liquor and a glass of wine all have the same amount of alcohol.

- (12oz/341ml = 1.5oz/45ml = 5oz/150ml)
  *Some beers and some coolers have more alcohol*

4. How strongly alcohol affects you depends on your size, your sex, the amount you drink, how much food you have eaten, and whether or not you are stressed or overtired.

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**alcohol poisoning can kill**

- Call 9-1-1 immediately if someone is showing any of these signs:
  - Won’t wake up
  - Vomiting while asleep
  - Slow breathing or pulse
  - Cold, pale or bluish skin

React quickly to these signs!

**Stay with anyone who looks drunk. They can seem fine one moment but not the next.**

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**what to do in an emergency**

1. **Call 9-1-1** or **Ask someone to call 9-1-1** and come back to tell you help is on the way.
2. Make sure the person is breathing.
3. Roll them on their side as shown:
4. Stay with them until help arrives.

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**reduce your risk**

1. Taking other drugs along with alcohol can lead to alcohol poisoning, coma or death. For example, marijuana blocks the body’s urge to vomit, which is its first defense against alcohol poisoning.
2. Know how much you are drinking. Mixed drinks can be deceiving. Pour your own drinks and use a shot glass to measure.
3. Drinking alcohol on a full stomach, drinking slowly and alternating alcoholic and non-alcoholic drinks can reduce your risk of alcohol poisoning.
4. Alcohol affects your ability to make decisions and sense dangerous situations. Designate a “sober sitter” to watch out for your friends.