

## BEFORE THE PARTY



### EAT A FULL MEAL

EATING HIGH PROTEIN FOODS WILL SLOW DOWN THE ABSORPTION RATE SO ALCOHOL WON'T HIT YOUR SYSTEM ALL AT ONCE



### PLAN AHEAD

FIGURE OUT HOW YOU'LL GET HOME SAFELY. CONSIDER ARRANGING A DESIGNATED DRIVER, TAKING CASH FOR A CAB, OR STAYING OVERNIGHT.



### STICK WITH FRIENDS

MAKE SURE THERE WILL BE AT LEAST A FEW PEOPLE AT THE PARTY THAT YOU KNOW WELL AND TRUST.



### BRING A CELL PHONE

HAVE A CELL PHONE WITH YOU AND BE SURE TO PROGRAM EMERGENCY NUMBERS IN CASE YOU NEED TO CALL FOR HELP.



### USE THE BUDDY SYSTEM

STICKING TOGETHER AND LEAVING TOGETHER WILL HELP PREVENT UNWANTED HOOK-UPS OR ANYONE LEFT BEHIND.



### TAPE DOORS

USE CAUTION TAPE OR PAINTERS TAPE TO MARK OFF BEDROOM DOORS TO PREVENT UNWANTED GUESTS.



### SET A DRINKING LIMIT

SET A LIMIT FOR HOW MANY DRINKS YOU'RE GOING TO HAVE AND TRY TO STICK TO IT. MAYBE HAVE YOUR DESIGNATED DRIVER HELP YOU STICK TO YOUR LIMIT.

## DURING THE PARTY



### HANDLE YOUR OWN DRINKS

OPEN YOUR OWN DRINK AND KEEP IT WITH YOU AT ALL TIMES. DON'T DRINK FROM OPEN CONTAINERS.



### THINK AHEAD

DON'T TAKE ANY PILLS OFFERED BY OTHERS. BRING YOUR OWN IF NECESSARY (I.E. ASPIRIN, BREATH MINTS, GUM, ETC)



### LISTEN TO YOUR BODY

IF YOU FEEL "WEIRD", DEVELOP A HEADACHE OR FEEL VERY TIRED, GET HELP RIGHT AWAY.



### PACE YOUR DRINKING

CONSIDER ALTERNATING YOUR DRINKS WITH WATER. IT TAKES YOUR LIVER 1 HOUR TO PROCESS EACH ALCOHOLIC DRINK.



### CHOOSE CLEAR ALCOHOL

IF YOU DRINK HARD ALCOHOL, CHOOSE CLEAR ALCOHOL OVER DARK TO MINIMIZE HANGOVERS.



### STICK TO YOUR LIMIT

JUST BECAUSE SOMEONE HANDS YOU A DRINK DOESN'T MEAN YOU HAVE TO DRINK IT. IT'S OKAY TO PUT IT DOWN SOMEWHERE ELSE LATER ON.



### AVOID DRINKING GAMES

DRINKING GAMES MAKE IT HARD TO JUDGE HOW MUCH YOU ARE DRINKING AND HOW QUICKLY.



### AVOID MIXING ALCOHOL

STICK WITH ONE TYPE OF ALCOHOL. ALTERNATING DIFFERENT TYPES OF ALCOHOL CAN MAKE YOU FEEL SICK AND LEAD TO WORSE HANGOVERS.



### STAY AWARE

KNOW THE SIGNS AND SYMPTOMS OF ALCOHOL POISONING AND WHAT TO DO IF SOMEONE EXHIBITS THESE SYMPTOMS.

## AFTER THE PARTY



### LEAVE WITH FRIENDS

IF THEY WANT TO LEAVE WITH SOMEONE THEY DON'T KNOW, TRY TO TALK TO THEM ABOUT IT.



### KEEP AN EYE ON FRIENDS

DON'T LEAVE INTOXICATED FRIENDS ALONE. BE SURE TO CHECK ON THEM THROUGHOUT THE NIGHT AS THEIR BAC CAN STILL RISE EVEN THOUGH THEY'VE STOPPED DRINKING.



### GET HOME SAFELY

MAKE SURE EVERYONE GETS HOME SAFELY.



### TRY TO GET SLEEP

ALCOHOL INTERFERES WITH NORMAL SLEEP CYCLES, AND A LACK OF SLEEP WILL LEAD TO WORSE HANGOVERS.



### DRINK WATER & EAT

DRINK WATER AND EAT A SMALL AMOUNT OF MILD & NUTRITIOUS FOOD. THIS COUNTERACTS THE DEHYDRATION AND ELECTROLYTE IMBALANCE FROM THE ALCOHOL AND PREVENTS A HANGOVER THE NEXT DAY.