

PARTY SMART

TIPS FOR RESPONSIBLE DRINKING



EAT BEFORE YOU DRINK

Food slows the rate of alcohol absorption.



REDUCE THE RATE AT WHICH YOU DRINK

Sip, don't gulp! Have only one drink per hour and alternate booze with non-alcoholic beverages.



CHOOSE FRUIT JUICE MIXERS

Drinks with fruit juice mixers allow for slower alcohol absorption, compared to caffeinated beverages.



CHOOSE DRINKS WITH LOW ALCOHOL CONTENT

A standard drink is one 12 oz. bottle of beer or wine cooler, one 5 oz. glass of wine, or 1.5 oz. of 80-proof distilled spirits.



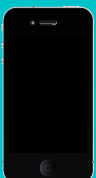
AVOID BINGE DRINKING

Binge drinking is 4 or more drinks in two hours for women and 5 or more drinks in two hours for men.



DON'T MIX DRUGS AND ALCOHOL

Mixing alcohol with prescription or illicit drugs can lead to dangerous outcomes.



IN CASE OF EMERGENCY CALL WUPD/EST:

#314-935-5555

Learn more about WashU's Medical Amnesty & Active Bystander Protocol:
<https://students.wustl.edu/medical-amnesty-active-bystander-protocol/>