

IF YOU CHOOSE TO DRINK, FOLLOW THESE SAFETY TIPS



DEPAUL UNIVERSITY

DIVISION OF STUDENT AFFAIRS

Office of Health Promotion and Wellness

Switch it Up

between alcoholic and non-alcoholic drinks.

DO NOT mix alcohol with any other drugs. The effects can be dangerous.



Eat Before

This can help slow down the effects of alcohol but it WON'T sober you up

Avoid Drinking Games

They may lead to drinking way more than you planned or that's safe!



Hard Liquor 1.5 oz

Wine 5 oz



Beer 12 oz

Set A Limit

before going out.

Remember standard pour, know how much you're drinking, and avoid binge-drinking.

Maximum:

3 drinks for women

4 drinks for men

Don't Drink Alcohol

It's always a choice! Practice ways to say "no thanks!" and normalize substance-free fun.



Buddy Up

Make sure you're with trusted friends



Call a cab or Uber

Either way-get home safe! Don't walk home drunk or take public transit while intoxicated.



Beware!

Drinking and posting! It can haunt you later.

