

SAFER drinking TIPS



Moderation is the key to reducing or eliminating negative consequences and keeping BAC (blood alcohol concentration) in a safe range.

moderation TIPS

- Pace your drinks
- Set a limit in advance
- Avoid hard liquor
- Eat before drinking
- Keep track of how many drinks you've had
- Sip, don't gulp
- Alternate with non-alcoholic beverages
- Avoid drinking games
- Stop drinking 1-2 hrs. before going home
- Keep your BAC below .05



1 DRINK =
12 oz. beer
4-5 oz. wine
1 oz. liquor

National Institute on Alcohol Abuse & Alcoholism reports increased risk for alcohol-related problems if:

- men drink 5 or more drinks/episode
- women drink 4 or more drinks/episode



www.health.arizona.edu

safety TIPS

- Choose activities that don't involve alcohol
- Be the designated driver
- Choose not to drink and drive
- Intervene for a friend
- Don't leave your drink unattended

Want to know how many cheeseburgers you drink? Check out the UA's e-CHUG self-assessment. (Go to www.arizona.edu and search for "echug")

resources



Appointments: 621-6490
www.health.arizona.edu



Counseling and Psychological Services (CAPS): 621-3334

BASICS

Brief Alcohol Screening & Intervention for College Students
626-8499



Health Promotion: 621-5700

friend 2 friend

F2F.health.arizona.edu
(advice on substance/
mental health issues)



separating alcohol fact from fiction

redcup@email.arizona.edu
(email for answers to your alcohol questions in the *Daily Wildcat*)