

Consider this

Drinking too much can affect your judgment and lead to decisions you later regret. Poor choices while intoxicated can range from having sex without a condom or losing important valuables like your wallet and keys. Other things to think about:

- Excessive drinking can be a factor leading to sexual assault, being accused of sexual assault, or otherwise compromising your safety.
- It is illegal to purchase or consume alcohol if you are under 21 years of age. It is also illegal to provide alcohol to someone under the age of 21.
- Women process alcohol differently than men and are more vulnerable to intoxication and the harmful effects of excessive drinking.
- You may be surprised to learn that most college students do not drink often and they do not drink much. One-third of college students (34%) did not drink in the past 30 days, 64% did not binge drink in the last two weeks, and only 1% drink daily.
- If you, for any reason, think you might have a drinking problem, please seek help. Your resident advisor and student health center can either help you or point you in the right direction. The organizations on the back of this brochure can provide additional information.

Where to go for help

Student health clinic

Hospital

24-hour clinic

Local helpline

Resident Advisor

Additional resources

National Institute on Alcohol Abuse and Alcoholism: niaaa.nih.gov/alcohol-health

Substance Abuse and Mental Health Services Administration: samhsa.gov

AlcoholScreening.org

Calculating BAC: B4udrink.org

Alcohol laws: alcoholpolicy.niaaa.nih.gov



nclnet.org
(202) 835-3323



amwa-doc.org
(703) 234-4069

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THE DANGERS OF EXCESSIVE DRINKING

Think Before You Drink

If you do decide to drink, know some facts.

- For adults, moderate drinking is up to one drink per day for women and up to two drinks per day for men. Three or more drinks for women and four or more drinks for men on any day is considered heavy drinking and may put you at risk for injury or disease. Four or more drinks for women and five or more drinks for men over a two-hour period is considered binge drinking.
- One standard drink is 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of 80 proof distilled spirits. Each has 0.6 ounces of alcohol and has the same effect on your body.
- There is no way to sober up quickly: a cold shower, coffee, or exercise result in a wet, awake, or tired, but still intoxicated, person. It takes about an hour—depending on a person's size and weight, individual metabolism rate, and food intake—for your body to eliminate the alcohol from one drink.

What is alcohol poisoning?

- Alcohol poisoning is a serious and sometimes deadly consequence of consuming large amounts of alcohol in a short period of time.
 - Drinking too much too quickly can affect your breathing, heart rate, and gag reflex, potentially leading to coma and death.
 - Even if the individual lives, an alcohol overdose can lead to irreversible brain damage.

What are the signs of alcohol poisoning?

- Mental confusion, stupor, coma, or inability to be roused
- Vomiting
- Seizures
- Slow breathing: fewer than eight breaths per minute
- Irregular breathing : 10 seconds or more between breaths
- Hypothermia (low body temperature), bluish skin color, paleness

What should I do if I suspect someone has alcohol poisoning?

- Do not leave the person alone.
- Do not wait for all symptoms to be present.
- Be aware that a person who has passed out may be in a coma or could die.
- Call 911 for help if you have any suspicion of an alcohol overdose; do not try to guess the level of drunkenness.
- Lay the individual on their side until help arrives so the victim does not choke on his or her own vomit while asleep or unconscious.
- Do not let fear that a friend may become angry or get in trouble interfere with seeking medical help; you may save his/her life.

Responsible decisions

- Make responsible and informed decisions about alcohol and avoid risky situations.
- Many times the best decision is not to drink.
- Do not drink and drive or ride in a car with someone who has been drinking. The highest number of deaths and injuries among college students comes from alcohol-related car accidents.
- No matter what you are drinking, never leave it unattended. Someone could put drugs or more alcohol in your drink.

