

# Safer drinking checklist

- Use a rideshare app or have a driver that has not consumed ANY drugs
- Stick with your friends or the group you went out with
- Decline drinks from strangers
- Keep an eye on your drink
- Don't mix alcohol with other drugs

CHECK IN  
ON YOUR  
ALCOHOL  
USE



## Keep your BAC\* low

\*BLOOD  
ALCOHOL  
CONTENT

- Avoid chugging and taking shots
- Alternate alcoholic and non-alcoholic drinks
- Pace yourself to 1 drink/hour
- Turn down drinking games
- Decide on a safe number of drinks and stick to it
- Eat before and while you are drinking

**KNOW:  
what a  
standard  
drink  
looks like**

12 fl oz of  
regular beer

=

8-9 fl oz of  
malt liquor  
(shown in a  
12 oz glass)

=

5 fl oz of  
table wine

1.5 fl oz shot of  
80-proof spirits  
("hard liquor"—  
whiskey, gin, rum,  
vodka, tequila, etc.)



about 5%  
alcohol



about 7%  
alcohol



about 12%  
alcohol



about 40%  
alcohol