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.

Keep your BAC* low

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

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

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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.)
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