

# HOW TO DRINK RESPONSIBLY

BEFORE DURING AFTER

.....★.....  
**BE 18**

OR OLDER

.....★.....  
**EAT A FULL MEAL**



AND DRINK WATER OFTEN



.....★.....  
**KIDS ARE BASICALLY LITTLE OVERLORDS**

Who watch your every move, so keep this in mind while you're enjoying yourself

.....★.....  
**STICK TO THE PLAN KNOW THAT**

you made before the festivities began,

=====  =====  
**GET HOME SAFELY**

.....★.....  
 Learn how alcohol affects YOU AS AN INDIVIDUAL

.....★.....  
**PLAN A SAFE WAY HOME BEFORE YOU GO OUT**

.....★.....  
*Don't give friends a hard time*

If they choose not to drink this time (or ever)

.....★.....  
**STICK TO A STANDARD POUR**

.....★.....

UNDERSTAND ALCOHOL AFFECTS MEN AND WOMEN DIFFERENTLY

.....★.....

**ONLY TIME**

Will lower your BAC once the drinking stops

===== **NOT** =====

coffee, a cold shower or 3 large pizzas



.....★.....  
 Know medications and drugs  
**ACT DIFFERENTLY**

when  $\otimes$  mixed  
**= WITH ALCOHOL =**

.....★.....  
**IF YOU'RE HOSTING,**

SERVE **&** NON-ALCOHOLIC FOOD **&** DRINKS, TOO  
 AND DON'T OVER-SERVE YOUR GUESTS

.....★.....

**PACE YOURSELF**

.....★.....  
**YOUR BAC**

can continue to rise for

**UP TO 30 MINUTES**

after you stop drinking before it starts to come down



Cross Hares - Host Responsibility

