How to Drink Responsibly

Learn how alcohol affects you as an individual

Know medications and drugs act differently when mixed with alcohol

Plan a safe way home before you go out

Eat a full meal and drink water often

Stick to a standard pour

If you're hosting, serve non-alcoholic food & drinks too and don't over serve your guests

Pace yourself

Stick to the plan you made before the festivities began, and get home safely

Know that only time will lower your BAC once the drinking stops

Your BAC can continue to rise for up to 30min after you stop drinking before it starts to come down

Be 21 or older