Tips for a Happy, Healthy & Safe St. Patrick’s Day
It’s OK Not to Drink!

If you do decide to drink, follow these tips to reduce your risk:

⇒ Set a goal of how many drinks you wish consume, and stick to it
⇒ Eat a meal before, and ideally while you are consuming alcohol
⇒ Drink slowly, and space drinks to 1 per hour
⇒ Alternate with non-alcoholic drinks
⇒ Avoid mixing alcohol & other drugs (legal or not)
⇒ Avoid going ‘drink for drink’ and playing drinking games

Watch out for your friends; stay together

If you go out on St. Patrick’s Day, please treat Boston neighborhoods and those in them with respect.

ALCOHOL POISONING:
Signs to look for...

* Inability to answer basic questions (Name, date, location)
* Inability to remain conscious
* Inability to control their own body
* Vomiting
* Slow or shallow breathing
* Pale, bluish, or cold skin
* Slow, irregular heartbeat

CARING FOR AN INTOXICATED PERSON:

• DO stay with the person at all times
• DO bring the person to a safe and quiet place
• DO put the person on their side

CALL FOR HELP!

On Campus: 617-373-3333
Off Campus: 911

• DO NOT leave them alone to ‘sleep it off’, you do not know if their condition will worsen
• DO NOT give them any food or beverage (except for a small amount of water if they ask for it)
• DO NOT put them in the shower
• DO NOT give them any medication

* 2008 NIAAA Study, Student respondents drawn from random representative sample

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