It’s OK Not to Drink!

1 in 5 NU Students have not drank alcohol in the past month*

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

⇒ Set a goal of how many drinks you wish to 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)
⇒ Watch out for friends; stay together!
⇒ Avoid going ‘drink for drink’ and playing drinking games

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

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

CALL FOR HELP!
617-373-3333 (on campus)
911 (off campus)

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

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