Husky Headlines

A monthly bulletin of news, facts & tips from OPEN
MAKE YOUR OWN LUCK THIS MONTH!

Tips for a Happy, Healthy & Safe St. Patrick’s Day

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 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

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

Medical Amnesty

If a student makes a proactive attempt to get help for another students who is in need of medical assistance due to intoxication of alcohol or other drugs, AND stays with the person until medical assistance arrives, neither student will face disciplinary sanctions.

CALL FOR HELP! x3333

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