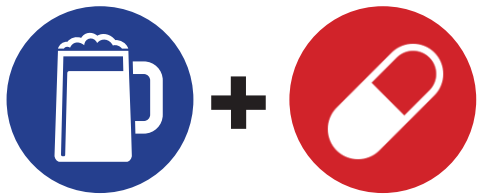


THINK BEFORE YOU

DRINK & DRUG

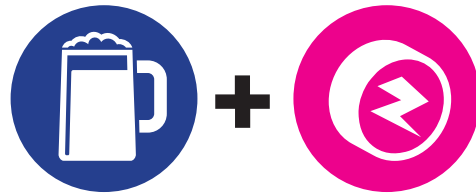


STIMULANTS

Example: Adderall

Mixing Effect:

- Makes you less aware of alcohol's intoxicating effects
- Can result in alcohol overdose



HALLUCINOGENS

Example: MDMA

Mixing Effect:

- Can endanger heart rhythm and/or increase body temperature



SEDATIVES

Example: Opiates, Xanax

Mixing Effect:

- Can depress or even stop involuntary functions, such as breathing
- Can result in alcohol overdose



CANNABIS

Example: Marijuana

Mixing Effect:

- Mainly unpredictable
- Can react with anxiety, panic or paranoia



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Source from University of California Davis

BLOOD ALCOHOL CONTENT

Male Female	Approximate blood alcohol percentage by volume per hour								
	Body Weight								
Units of Alcohol	90 lb	100 lb	120 lb	140 lb	160 lb	180 lb	200 lb	220 lb	240 lb
1	0.05 0.05	0.04 0.05	0.03 0.04	0.03 0.03	0.02 0.03	0.02 0.03	0.02 0.02	0.02 0.02	0.02 0.02
2	0.10 0.10	0.08 0.09	0.06 0.08	0.05 0.07	0.05 0.06	0.04 0.05	0.04 0.05	0.03 0.04	0.03 0.04
3	0.15 0.15	0.11 0.14	0.09 0.11	0.08 0.10	0.07 0.09	0.06 0.08	0.06 0.07	0.05 0.06	0.05 0.06
4	0.20 0.20	0.15 0.18	0.12 0.15	0.11 0.13	0.09 0.11	0.08 0.10	0.08 0.09	0.07 0.08	0.06 0.08
5	0.25 0.25	0.19 0.23	0.16 0.19	0.13 0.16	0.12 0.14	0.11 0.13	0.09 0.11	0.09 0.10	0.08 0.09
6	0.30 0.30	0.23 0.27	0.19 0.23	0.16 0.19	0.14 0.17	0.13 0.15	0.11 0.14	0.10 0.12	0.09 0.11
7	0.35 0.35	0.26 0.32	0.22 0.27	0.19 0.23	0.16 0.20	0.15 0.18	0.13 0.16	0.12 0.14	0.11 0.13
8	0.40 0.40	0.30 0.36	0.25 0.30	0.21 0.26	0.19 0.23	0.17 0.20	0.15 0.18	0.14 0.17	0.13 0.15
9	0.45 0.45	0.34 0.41	0.28 0.34	0.24 0.29	0.21 0.26	0.19 0.23	0.17 0.20	0.15 0.19	0.14 0.17
10	0.51 0.51	0.38 0.45	0.31 0.28	0.27 0.32	0.23 0.28	0.21 0.25	0.19 0.23	0.17 0.21	0.16 0.19

Blood Alcohol Content Risk Level Low Moderate High



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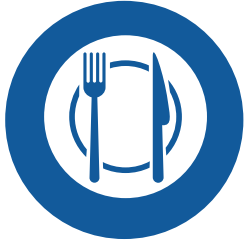
Source from Southern Illinois University Student Health Services

REDUCE YOUR RISK

If you choose to drink alcohol, there are many ways that you can reduce your risk of experiencing some of the not-so-fun things often associated with drinking.

Here are a few strategies to maximize the fun and minimize the bad!

EAT BEFORE AND WHILE YOU DRINK:



Having food in your stomach makes the alcohol absorb more slowly into the bloodstream. Foods high in fat and protein (e.g. eggs and meat) are the best to eat because they take a long time to digest!

PACE YOUR DRINKS:



To avoid drinking too quickly, try alternating an alcoholic beverage with water, talk with friends, go to the dance floor, or play pool or darts between drinks!

USE THE BUDDY SYSTEM:



This worked when you were a little kid, and it still does now!

Always stick with a friend; they don't leave you and you don't leave your friend.

PLAN FOR A SOBER RIDE HOME:



Before you go out, plan how you will be getting home at the end of the night safely. Find a designated driver, walk with a group or take public transit.



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Source from Southern Illinois University Student Health Services

SOBERING UP

Our bodies can only metabolize, or get rid of, approximately 1 standard drink of alcohol per hour. Contrary to popular belief, caffeine, exercise, taking a shower or drinking water **won't** help you sober up.



There is no way of speeding up this process.

TIME

is the only solution!

How long does it take to **SOBER UP?**

BAC	Hours to Sober Up
.04	2.5 hours
.08	5 hours
.10	6.25 hours
.16	10 hours
.20	12.5 hours



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ALCOHOL POISONING

It is important to remember that alcohol consumption can be dangerous. Knowing what the signs and symptoms of alcohol poisoning are and what to do if you encounter someone who needs help can make a huge difference.

The common signs of ALCOHOL POISONING are:

- Unconsciousness
- Confusion
- Vomiting
- Seizures
- Slow breathing
- Irregular breathing
- Blue/pale/ashen skin
- Cold or clammy skin

If you encounter someone who is suffering from any of the above symptoms, it is important to help them seek medical treatment.

DO:

- **Call 911.**
- Stay with them until medical help arrives.
- Stay with them until medical help arrives.

DON'T:

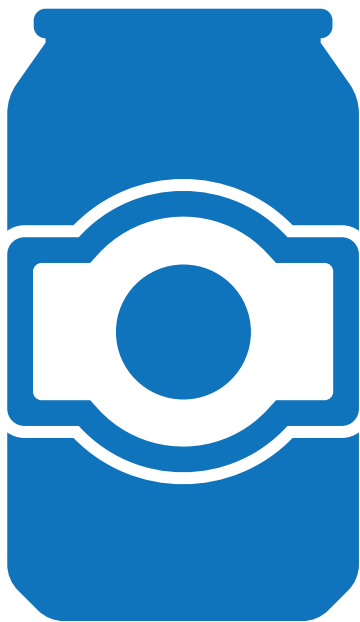
- Leave them alone.
- Give them food, drink or medication.
- Put them in the shower/tub.



STANDARD DRINK SIZE

Not all drinks contain the same amount of alcohol, so the amount of liquid in your glass, can, or bottle does not necessarily match up to how much alcohol is actually in your drink.

One unit of alcohol, or **STANDARD DRINK**, is equal to:



Standard Beer
12 oz.
(5% alcohol)

=



Wine
(15% alcohol)

=



Hard Liquor
1.5 oz.
(40% alcohol)



STANDARD DRINK SIZE

Many alcoholic drinks are commonly served with more than one standard drink. Read the label to determine how many drinks you are consuming!

Common drinks and their standard drink equivalents:



Tallboy = 2 drinks
(24 oz.)



Large Glass of Wine = 2 drinks
(9 oz.)



Mixed Drink = ? drinks
(ounces varies)



Pitcher = 5 drinks
(60 oz.)



Wine Bottle = 5 drinks
(25 oz.)



Liquor Bottle = 17 drinks
(25 oz.)



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RETHINK YOUR DRINK: CALORIES

ALCOHOLIC DRINKS

Liquids make up 22% of calories in the average American's diet.



LIGHT BEER:
Drink 5 of these a week and you'll gain 7 lbs in a year! *



JUMBO MARGARITA:
Drink 1 of these each week and you'll gain 10 lbs in a year!*



VODKA CRANBERRY:
Drink 3 of these each week and you'll gain 11 lbs in a year!*

* When consumed as excess calories



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