

Alcohol: Harm-Reduction Strategies

Before Drinking:

- **Eat something!** - food reduces the speed that your body absorbs alcohol
- **Set a limit for yourself for how much you want to drink**

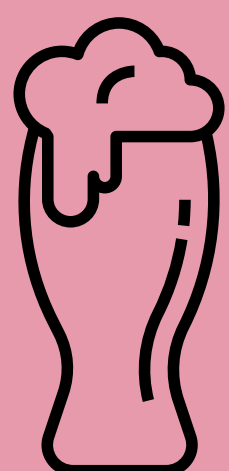
While Drinking:

- **Drink water at the same time!** - this will keep you more hydrated and help avoid getting sick the next day
- **Stay with friends** - if something goes wrong while drinking friends can help

When going out:

- **Plan a safe ride home** - have a designated driver or plan a ride company to use.
- **Choose places you feel comfortable in!**

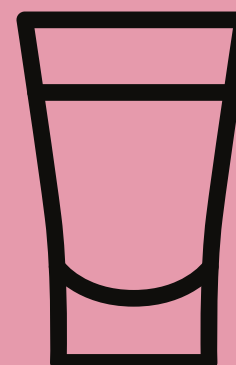
Do you know standard drink sizes?



Beer: 350ml
at 5%
alcohol



Wine: 150ml
at 12%
alcohol



Spirits: 40ml
at 40%
alcohol

