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

Adapted from: https://www.heretohelp.bc.ca/infosheet/safer-drinking-beer-wine-and-spirits