**WHAT IS HIGH RISK?**

High-risk drinking includes:

- Underage drinking
- Drinking and driving
  - or other activities where the use of alcohol is dangerous
- Drinking when health conditions or medications make use dangerous
- Binge drinking;
  - 5 drinks in a sitting for males
  - 4 drinks in a sitting for females

**GETTING HELP**

**Emergency**: Dial 9-1-1

**Student Health & Counseling Services**
(916) 278-6461
csus.edu/hlth

**Violence & Sexual Assault Support Services**
(916) 278-3799
csus.edu/hlth/violence

**Alcohol & Other Drug Education Program**
(916) 278-6026
csus.edu/alcohol

**Department of Public Safety**
(916)-278-6851
csus.edu/police

**Sacramento City Police**
(916)-264-5471
sacpd.org

**Safe Rides**
(916) 278-TAXI (8294)
as.csus.edu/saferides

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**WHAT IS MODERATE?**

Moderate drinking is defined as:

- Of legal age (21 or older)
- No more than 2 standard drinks per day for men
  - 14 or less per week
- No more than 1 standard drink per day for women
  - 7 or less per week

Adapted from:
http://www.collegedrinkingprevention.gov
BEFORE THE PARTY

**EAT A FULL MEAL.** Food slows down the absorption rate, so alcohol won’t hit your system all at once.

**MAKE A PLAN.** And make sure you have your ID. Know how you’re getting to the party and how you’re getting home safely. Options include:
- Have a sober designated driver
- Use Safe Rides (278-TAXI)
- Public transportation (light rail, bus, taxi)

**SET LIMITS.** Set a limit of how many drinks you’re going to have, and make sure you stick to it.

**REMEMBER YOUR MEDS!** Talk with your doctor or pharmacist before mixing alcohol with any medication or other drugs.

**WHAT’S MY MOTIVATION?** Know why you’re drinking. It’s fun to celebrate a birthday or special occasion, but if you’re drinking to reduce stress, get over a breakup, release anger, or because you had a bad exam, think twice. Alcohol will only amplify the feelings you already have.

AFTER THE PARTY

**LEAVE WITH YOUR FRIENDS.** (note to self: a friend is someone you knew before the party began)

**DRINK WATER.** Counteract dehydration from the alcohol and prevent a hangover the next day.

**BE A PARTY MARINE.** No matter what, never leave anyone behind. Make sure everyone gets home safe. www.onestudent.org/about

**MONITOR YOUR FRIENDS’ BEHAVIOR.** If any of your friends are still very intoxicated, don’t leave them alone. Be sure to check on them throughout the night.

**VOICE CONCERNS.** Later, when you’re all sober, talk to your friends if you’re worried about their drinking.

DURING THE PARTY

**PACE YOURSELF!** Stick to about one drink (or less) per hour.

**ALTERNATE.** With water or other non-alcoholic beverages.

**AVOID DRINKING GAMES.** It’s hard to track how much & how fast you drink while playing. High quantities of alcohol quickly can lead to black-outs.

**STICK TOGETHER.** Use the buddy system (come together, stay together, leave together) to monitor each other’s intake and prevent unwanted hookups or assault.

**KNOW YOUR LIMITS!** Don’t succumb to peer pressure. Also, recognize another person’s right to drink or not drink.

**KEEP AN EYE ON YOUR DRINK.** Trust your instincts and stay safe. Make sure you see your drink poured and have it in your sight at all times.

If you walk away from your drink or lose sight of it, just get a new one.

**COOPERATE WITH THE POLICE.** If the police are called to the party, do them (and yourself) a favor and cooperate. Provide proper I.D. when asked for it and allow them to carry out their investigation.

**REMEMBER: EVERYONE’S NOT DOING IT.** Believe it or not 3/4 of Sac State students drink moderately or not at all (0-3 drinks per week).

SIGNS OF ALCOHOL POISONING

Call 911 if you see the following symptoms:
- Unresponsive, unable to be awakened
- Slow, shallow breathing (12 or fewer breaths per minute, or more than 8 seconds between breaths)
- Cold, clammy, pale, or bluish skin
- Repeated, uncontrolled vomiting

In Sacramento County, an ambulance will come assess the person for free, so there’s no excuse not to call!

After you call 911, place the person on their side with knees bent to prevent choking from vomiting. Do not leave the person alone!

It’s much easier to apologize to a friend for overreacting, than to have to apologize to the family for under reacting. Most alcohol poisoning deaths result from medical services not being activated in time.

FIRST AID FOR THE INTOXICATED

It’s important to know how to administer first aid for an intoxicated person. The following are some guidelines if a problem does develop:

- There is no way to sober up quickly. The amount of alcohol in the blood is controlled by the metabolic rate of the liver.
- A general rule: it will take as many hours to sober up as the number of standard drinks ingested.
- If a person has had “one too many” and passes out, trust your instincts and stay safe. Make sure you see your drink poured and have it in your sight at all times.
- If a person has had “one too many” and passes out, roll the person on their side. If their breathing is irregular or they are not responding, call 911 immediately for medical help.
- If they are not breathing, perform CPR immediately!