NEGATIVE CONSEQUENCES

- Alcohol, if consumed in moderation, can be healthy and safe. However, drinking to intoxication can have some less than fun results, such as:
  ⇒ Impaired judgment and ability to make decisions
  ⇒ Blurry vision
  ⇒ Impaired motor skills
  ⇒ Dizziness
  ⇒ Nausea and vomiting
  ⇒ Sexual dysfunction
  ⇒ Blackouts
  ⇒ Alcohol poisoning
  ⇒ Hangover
  ⇒ Memory loss

- Excessive or rapid alcohol consumption can cause severe illness, coma or death.

LONG-TERM HEALTH EFFECTS

- Continued, heavy alcohol use increases your risk for experiencing long-term health effects.

- Heavy alcohol use can result in problems such as gastritis, pancreatitis, fatty liver, hepatitis, cirrhosis, cancer, heart disease, anemia, lowered resistance to infection, increased bruising, poor clotting and long-term sexual dysfunction.

RESOURCES

EMERGENCY:
DIAL 9-1-1

DEPARTMENT OF PUBLIC SAFETY:
Phone: (916) 278-6851
csus.edu/police

SACRAMENTO CITY POLICE:
Phone: (916) 264-5471
sacpd.org

SACRAMENTO COUNTY SHERIFF:
Phone: (916) 684-2000
sacsplease.com

ALCOHOL & OTHER DRUG PROGRAM:
Phone: (916) 278-6026
csus.edu/alcohol

NEED A RIDE?

ASI SAFE RIDES:
Phone: (916) 278-8294
asi.csus.edu/saferides/

TAXI CAB SERVICE:
Phone: 1 (800) 829-4222
1800taxicab.com

For more information about Sacramento State’s Alcoholic Beverage and Drug Policy, visit:
csus.edu/umanual/student/UMA00550.htm
HOW DOES ALCOHOL WORK?
- Alcohol is a depressant drug that slows down the central nervous system.
- Alcohol requires no digestion so it is absorbed directly into the bloodstream.
- Alcohol is delivered to the brain within seconds of consumption.
- If a person drinks faster than the liver can remove the alcohol, it builds up, causing intoxication.

NATIONAL STATISTICS
- Alcohol kills more young people than cocaine, heroin and every other illegal drug combined.
- 1,700 college students between the ages of 18-24 die each year from alcohol misuse.
- 97,000 college students reported cases of sexual abuse because of alcohol use.
- 696,000 reported cases of students being assaulted by someone who had been drinking.

WHAT’S A STANDARD DRINK?
- One standard drink contains 0.5 oz. of alcohol. This is equal to a 12 oz. beer, one alcopop, 4 oz. of wine or 1 oz. of hard liquor.

TIPS FOR SAFE DRINKING
- Pace your drinking to no more than one standard drink per hour.
- Alternate alcoholic and non-alcoholic drinks.
- Eat before and while drinking to help slow the alcohol absorption rate.
- Avoid letting others handle your drink and never leave it unattended.
- Use a sober designated driver to get home (that doesn’t mean the least drunk person). A designated driver should be decided on before anyone starts drinking.

DRINKING AND DRIVING
- Drinking and driving is the #1 killer in America of people ages 17-24.
- It is unlawful to drive a motor vehicle with a blood alcohol content (BAC) of .08 or higher.
- Not even a small amount of alcohol is completely safe to drink before driving. If you’re going to drink, don’t drive.
- Judgment is the first capacity affected by alcohol. People who’ve been drinking frequently believe that they’re less affected than they are.
- Coordination, vision and motor skills are drastically impaired by alcohol consumption.
- Being fatigued, stressed, under the weather or using any medicine can dramatically increase alcohol’s effect, making even one drink lethally intoxicating to someone behind the wheel.