

What Can I Do to Reduce My Risk with Alcohol?

HERE ARE SOME STRATEGIES AND TIPS FOR STAYING SAFE.

Keep track of how many drinks you have + how they affect your

Blood Alcohol Content (BAC)



Eat before or while you drink



Alternate alcoholic drinks with **water**



Stick with your **friends**



Know you can say no. **You can choose** not to drink or drink



Never leave your drink **unattended**



Have a **designated** driver



Store safe ride + emergency #s in your phone

For emergencies, **call 911**

RUPD:

732.932.7211

Store numbers for local cabs or download a ridesharing service app



HERE'S WHAT IT COMES DOWN TO:
BE SAFE. PLAN AHEAD. MAKE SMART, INFORMED DECISIONS.