

# Stay present, stay safe

## REDUCE THE RISK

There are many ways to practice safe drinking and still have fun



CONTACT US FOR MORE INFORMATION



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# HOW TO REDUCE THE RISK

## DRINK MORE WATER

Stay hydrate by drinking more water, this can help to potentially prevent a hangover



## EAT BEFORE

Make sure to eat food before and during when drinking

## HAVE A PLAN TO GET HOME SAFELY

Decide on a plan to get home safely (such as having a designated safe driver)



## LIMIT DRINKS PER HOUR

Limit your drinks to 1 drink or less per hour

## SIP YOUR DRINK

Sip your drink instead of chugging



## HAVE A BUDDY

Have a trusted friend nearby to help keep each other safe

## References

Haines, M. P., Barker, G., & Rice, R. M. (2006). The personal protective behaviors of college student drinkers: Evidence of indigenous protective norms. *Journal of American College Health, 55*(2), 69-76.