EAT BEFORE YOU DRINK
Food slows the rate of alcohol absorption.

REDUCE THE RATE AT WHICH YOU DRINK
Sip, don't gulp! Have only one drink per hour and alternate booze with non-alcoholic beverages.

CHOOSE FRUIT JUICE MIXERS
Drinks with fruit juice mixers allow for slower alcohol absorption, compared to caffeinated beverages.

CHOOSE DRINKS WITH LOW ALCOHOL CONTENT
A standard drink is one 12 oz. bottle of beer or wine cooler, one 5 oz. glass of wine, or 1.5 oz. of 80-proof distilled spirits.

AVOID BINGE DRINKING
Binge drinking is 4 or more drinks in two hours for women and 5 or more drinks in two hours for men.

DON'T MIX DRUGS AND ALCOHOL
Mixing alcohol with prescription or illicit drugs can lead to dangerous outcomes.

IN CASE OF EMERGENCY CALL WUPD/EST:
#314-935-5555
Learn more about WashU's Medical Amnesty & Active Bystander Protocol: https://students.wustl.edu/medical-amnesty-active-bystander-protocol/