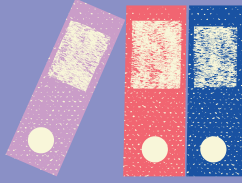


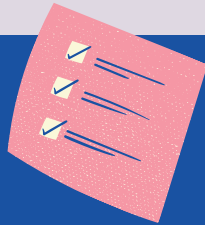
7 THINGS TO KNOW ABOUT ALCOHOL

If I choose to drink in college, how does it effect me?



It affects **your physical and academic performance**, even long after a night of drinking! Alcohol hurts your sleep, and bad sleep hurts your academics...etc., not to mention that drinking (and maybe recovering) takes time out of an already packed schedule. Binge drinking also decreases your body's physical performance—including your aerobic ability, muscle recovery, and even healing from injuries!

How can I track my drinks?



Get familiar with "standard drinks".
Each of these are one drink:



Beer: 12 oz,
5% ABV



Wine: 5 oz,
12% ABV



Liquor: 1.5 oz,
40% ABV

What are the signs of alcohol overdose?



If you notice ANY of these signs, **get help right away by calling 911!**

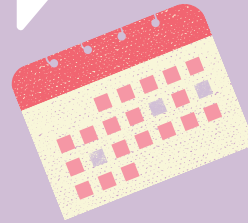
Respiration: Breathing is irregular or slow
No Pain Response: No response to a shoulder pinch
Unconscious: You cannot wake them up
Vomiting: While asleep, unconscious, or repeatedly
You Feel Worried: Something just seems off
Trust your instincts!

Why care about alcohol use? "It's college", right?



You wouldn't know it based on all of those stereotypical college movies, but most students don't engage in high-risk drinking. In a survey of 9 Maryland colleges, **70% of students chose to NOT binge drink.**

What if I already drink and want to cut back?



A few places to start:

1. Start tracking your drinks and how often you go out.
2. Pick a goal, such as fewer drinks, going out less often, or something else.
3. Focus on incorporating more alcohol-free social activities. Cutting back is easier if there is a fun alternative!

What about my BAC?



Your BAC (Blood Alcohol Content) depends on a number of things, but here are the big ones: your body mass, your sex assigned at birth, how much you eat before drinking, how many drinks you have, and how fast you drink them.

Be wary of BAC calculators and careful with the "one drink per hour" rule. While that could be an okay place to start, for some people that can cause their BAC to rise beyond **the recommended level of .05 or below.**

Where can I get more information?

For more information on this topic, or additional resources for yourself or a friend, **connect with the ATOD Prevention Center!**

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