Title: Spring Break Alcohol Safety

Slide 1: Spring break is a time to relax and unwind and remember safer alcohol practices! Following these tips can help you and your friends have a spring break to remember.

Slide 2: Pace yourself. Keep track of number of drinks you have consumed. Stick to one standard drink per hour. Check alcohol content. One standard drink equals: 12 oz. of beer at 5%, 5 oz. of wine at 12 %, 1.5 oz. of liquor at 80 proof.

Slide 3: Practice safer drinking. Always watch your drink. Alternate with water. Eat before (and while) drinking. Avoid mixing alcohol with other drugs.

Slide 4: Water safety: Follow beach rules and regulations. Refrain from boating or water-related activities if drinking. Hydrate and wear sunscreen!

Slide 5: 10,142 people in the U.S. lost their lives in drunk-driving crashes in 2019. Don't drive if drinking or using substances. Designate a driver ahead of time, call an Uber, Lyft, or other ride service.

Slide 6: Plan ahead: Agree with friends to look out for each other. Use the buddy system: Stick with your friends- don't leave anyone behind! Set a limit prior to drinking.

Slide 7: Know the PUBS signs of alcohol overdose. Puking while passed out, Unresponsive to pinching or shaking, Breathing is irregular, slow, shallow, or has stopped, Skin is blue, cold, or clammy.