



- 75%-90% of campus rapes involve alcohol use.
- 75% of men and 50% of women involved in sexual assaults had been drinking prior to the assault.
- Between 2%-3% of the current American college population will die from alcohol related causes.
- 30% of college failure is alcohol related.
- Drinking and driving is the number one killer of Americans between the ages of 17-24.
- In the U.S., 70 people are killed daily in drunk driving accidents.
- 69% if all drownings are alcohol related.
- One in every three suicides involves alcohol.
- The average DUI arrest costs the charged person \$3000.
- Alcohol plays a role in 50% of all arrests.
- 90% of the vandalism that occurs on college campuses is a result of alcohol use.

did you know?



All the above contain the same amount of absolute alcohol!

The contents of this brochure are from various sources including:
The American Dietetic Association,
Radford University,
Cocktailtimes.com



**SPRING BREAK IS HERE
TAKE CARE OF YOURSELF!**

**ALCOHOL
AWARENESS
PART ONE**



Avoid a Hangover

BEFORE YOU DRINK:

If you are going to an after hour party, you should eat early dinner before you go to the party or eat while you drink. The fructose in foods will help absorb alcohol. Drink Milk: Milk will help absorb alcohol slowly. Know Your Body: If you had hangovers before, learn from your experience. Were you drinking dark liquor? Were you drinking different types of liquor all night? Were you drinking too fast? Try to analyze what your body can handle.

Do Not Drive: Do not drive a car to get to where you will be drinking.

WHILE YOU DRINK:

Drink Water: always order a cup of water when ordering an alcohol beverage. The more water you drink, the better solution after the night. Eat while you drink: Try to eat while you drink if possible. Food will not only help absorb alcohol slowly, but also slow your drinking pitch down. Watch Your Pace: Never drink too fast. When you feel fine (meaning when you can tell or cannot tell that alcohol starts changing your behavior, thinking, and sight etc.), you should stop drinking alcohol and drink water.

Avoid a Hangover

AFTER YOU DRINK:

Before going to bed, drink water. Do not drink coffee. Coffee will help dehydration. Vitamins B & C: Take some vitamins before going to bed. Sleep: sleeping may be difficult because your body temperature is higher than usual. If you can't go to sleep, drink more water. If you need to throw up, throw up. When you wake up, drink more water and eat some fruits and try to go back to sleep.

Despite all the things that you could do to avoid a hangover if you still get one, you are not trying enough. Think about what went wrong and learn from your experience. Remember, drinking is supposed to be fun! Not to throw up at the end of the night.



Alcohol Poisoning

SIGNS/SYMPTOMS

- Spills drink or misses their mouth.
- Glassy eyes, dilated pupils, inability to focus, sleepy look, nodding head.
- Sudden mood changes.
- Staggering, swaying, inability to walk.
- Unconscious/semiconscious.
- Cold, clammy, pale or bluish skin.

CARE

- **STAY WITH THE INTOXICATED PERSON**
- Be prepared to get immediate help.
- If you have been drinking, get a sober person to help.
- If the person is breathing less than 12 times per minute or stops breathing for periods of ten seconds or more **CALL 911**
- If the persons skin is cold, pale, bluish in color or sweaty **CALL 911**
- Stay with the person who is vomiting! Try to keep them sitting up, if they must lie down; keep them on their side with their head turned to the side. Watch for choking.
- **DO NOT** let them sleep it off. Wake them up frequently. If at any time you can not wake them up **CALL 911**