

think.

SUMMER CELEBRATION SAFETY GUIDE

Smart and safe alcohol choices.

Make a smart and safe choices for responsible hydration and moderation.

PLAN AHEAD: KNOW YOUR LIMITS

SET DEPARTURE TIME AND STRICT DRINK CAP BEFORE ATTENDING OUTDOOR SOCIAL GATHERINGS. E.G., 2 DRINKS, HOME BY 10PM

PACE & SPACE: THE 1-TO-1 RULE

ALTERNATE EACH ALCOHOLIC DRINK WITH A NON-ALCOHOLIC BEVERAGE (*Water, Soda*)

ALLOWS TIME TO PROCESS ALCOHOL.

SELECT SMART: OPT FOR LOWER ABV



CHOOSE LIGHT BEERS (3-5% ABV)



TRY WINE SPRITZERS (*Wine and Club Soda*)



EXPLORE MOCKTAIL OPTIONS

HYDRATE FREQUENTLY: FIGHT THE HEAT



8 GLASSES OF WATER MINIMUM. (*Before consuming alcohol*)

- Alcohol is diuretic; adding sweating, escalates dehydration.
- Watch for dizziness and Dry Mouth.

FUEL UP: EAT SUBSTANTIALLY



CONSUME PROTEIN, FIBER AND FATS.



SLOWS ALCOHOL ABSORPTION.

CHOOSE RESPONSIBLY: HOST'S DUTY



OFFER EXCITING NON-ALCOHOLIC DRINKS. COORDINATE SAFE TRAVEL (*Rideshare, Designated Drivers*)

