



## DEPARTMENT OF PUBLIC SAFETY

### Tips on Responsible Drinking

Alcoholic beverages have long been a source of both pleasure and problems. College students are often pictured as heavy-drinking party animals. That myth does not reflect the reality at Pacific.

#### **Guidelines for Responsible Drinking**

Problem drinkers can be defined as persons whose use of alcohol has detrimental effects on themselves or their relationships. By using alcohol in a responsible way you can reduce your chances of developing a drinking problem. The following are some guidelines for responsible drinking.

Drinking should not be the primary focus of any activity. Recognize another's right to drink or not to drink. Set a limit on how many drinks you are going to have when you drink, and stick to it. Use alcohol cautiously in connection with any medication or other drugs. Example: Antihistamines and alcohol can induce excessive sedation, so it would be best to avoid this combination. Drink slowly - if you sip a drink and do not have more than one drink per hour, the alcohol will not have a chance to build up in your bloodstream. This is due to the natural metabolic functioning of the liver. Eat before you drink. Eating high-protein foods like cheeses and meats, will slow down the absorption rate so that the alcohol will not hit your system all at once. Drinking carbonated beverages with alcohol or carbonated alcohol preparations increases the absorption of alcohol into the bloodstream, while diluting alcohol with water slows absorption. When you go with friends to a party, you might want to have a designated driver - someone who will stay sober and drive the rest home. You can take turns for other parties. If anyone has had too much to drink, see that they get a ride home with someone sober, or find them a place to sleep. If you have concerns and questions about your own drinking habits, a friend's or family members' situation, please seek help: Peer education is available from the Victim Advocacy Program For Alcohol & Drug Abuse Prevention - see the Cowell Wellness Center Professional counseling services are available at the Counseling and Psychological Services and Student Health

#### **Tips to Protect Yourself**

Remember that alcohol is still #1 date rape drug. Persons who drink alcohol are more likely to be sexually assaulted. Never leave a drink unattended, even for just a minute. If you or a friend feel extremely drunk after only a few drinks, get help because you may have been drugged. Other two predator drugs being used are roofies and GHB. Both make you feel drunk after 20-30 minutes. Both can cause amnesia and unconsciousness for three to eight hours. If you go into a room and the person locks the door, leave immediately. Go to a party with your friends and always leave together. If someone you just met wants to walk you home, thank him/her for the offer, but leave with the group you came with. You can always see this person the next day, when you're both sober.

#### **First Aid for the Intoxicated**

Due to the physiological effects of alcohol consumption, it is important to know how to administer first aid for an intoxicated person. The following are some guidelines if a problem does develop.

There is no way to sober up quickly: a cold shower, black coffee, oxygen or exercise only result in a wet, wide awake or tired but intoxicated person. The amount of alcohol in the blood is controlled by the metabolic rate of the liver. A general rule of thumb: It will take as many hours to sober up as the number of drinks ingested. If a person has had "one too many" and passes out, monitor his/her breathing to make sure it is normal. Roll him/her on his/her side so he/she will not choke in case he/she vomits. If his/her breathing is irregular and he/she doesn't respond, call immediately for medical help; call 9-1-1. If the person is not breathing, proceed with mouth-to-mouth resuscitation and get medical help immediately; call 9-1-1. Familiarize yourself with the signs of alcohol poisoning.