Take care of yourself and your friends, whether at small gatherings or larger parties. If drinking, using protective behaviors can reduce the risk of negative consequences. If you ever feel uncomfortable, listen to your instinct in deciding what to do next.

**REDUCE RISK WHEN GOING OUT**
- Stay with the same buddy or group the entire time
- Make plans ahead of time to get home safely
- Eat food, especially protein, before and while drinking
- Set a drink limit in advance and stick to it
- Open or make your own drink, or watch it being made (avoid punches that have already been mixed)
- Pace your drinks to one or fewer per hour
- Alternate alcoholic beverages with water

**SIGNS OF ALCOHOL OVERDOSE**
Remember PUBS:
- Puking (while passed out)
- Unresponsive to stimulation (a pinch or a shake)
- Breathing (slow, shallow, or no breathing)
- Skin (blue, cold, or clammy)
If you see any ONE of these signs, or aren’t sure what to do, **call 911 immediately!**

**GET HOME SAFELY**
Late-night UTS buses run every 15-20 minutes.
- Thurs. thru Sat. - 12:30 am to 2:30 am
- The SafeRide van (434-242-1122) transports students home. No transport for groups of three or more.
- Sun. thru Wed. - midnight to 7 am
- Thurs. thru Sat. - 2:30 am to 7 am
Charge-a-Ride (434-295-4131) provides local taxi service. Show a valid UVA ID to charge the ride to your student account and pay later. No questions asked.
Add these numbers to your phone so you’ll have them when you need them!

**HOW TO HELP A FRIEND**
If someone has passed out, they need your help:
1. Call 911 if he/she shows any signs of alcohol overdose.
2. Roll him/her onto left side and prop head up.**
3. Stay with the person and call an RA or sober friend for assistance.
4. Monitor breathing - blood alcohol concentration could still be rising.

**WHAT TO EXPECT WHEN GETTING HELP**
Student Health and the UVA Hospital DO NOT notify police or school officials when a student is seen for an alcohol-related incident. Parents or guardians are notified only in life-threatening situations, or if the student is under 18. Calling 911 results in police response to assist with care. In this case, police notify the Office of the Dean of Students, who follow up with the student for safety purposes.

**FREQUENTLY ASKED QUESTIONS**
- **Q:** Do two people drinking the same amount of alcohol feel the same effects?
  - **A:** Maybe not. Level of intoxication depends on many factors, like height and weight, sex, food in the stomach, medications, mood, and sleep.
- **Q:** Are drinking games riskier than other social drinking?
  - **A:** They can be. Drinking games encourage the consumption of a lot of alcohol in a short time. Games put control in the hands of another person or leave it up to chance, and staying in control when drinking is safer.
- **Q:** Will a cold shower or exercise sober someone up?
  - **A:** No. Alcohol in the bloodstream must be processed by the liver, and nothing can increase the speed. In fact, showering or exercising can be dangerous because they can cause shock or injury.
- **Q:** Does it help to give an excessively drunk friend food?
  - **A:** No. It won’t help them recover, and forcing them to take food or water can cause gagging, vomiting, or choking.

*From the Spring 2015 Health Survey with responses from 931 UVA students

**The Student Life Education Company, BACCHUS Canada**