

DRINKING TONIGHT?

DRINK WATER SET YOUR LIMITS PACE YOURSELF

TIPS FOR A GOOD NIGHT

Drink water between each drink to stay hydrated—you'll thank yourself in the morning!

Know your limits and establish a maximum number of drinks.

Avoid leaving your drink unattended and be mindful about accepting drinks from others.

Remember:

- **Sugary drinks** mask the taste of alcohol but the effects remain.
- **Caffeinated drinks** can make you feel more alert but you might drink more than intended.

It's not for everyone!

About **1 in 4** students haven't had a drink in the past month, and **1 in 6** haven't had a drink in the past year.

Be careful about mixing alcohol with other drugs

since they can interact in unpredictable ways, including:

Weed & Alcohol

Dizziness, nausea

Prescription Meds & Alcohol

Nausea, blacking out

Other Drugs & Alcohol

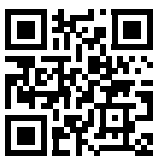
Various unintended effects

Look up interactions before mixing.

For a fun and safe night, don't forget:

- Charged phone
- House keys
- Full stomach
- Contraceptives
- A plan to get home safely (e.g. rideshare apps, campus driving services, public transit information, designated driver)

For more tips:



Public Health
Agency of Canada

Agence de la santé
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