

# 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

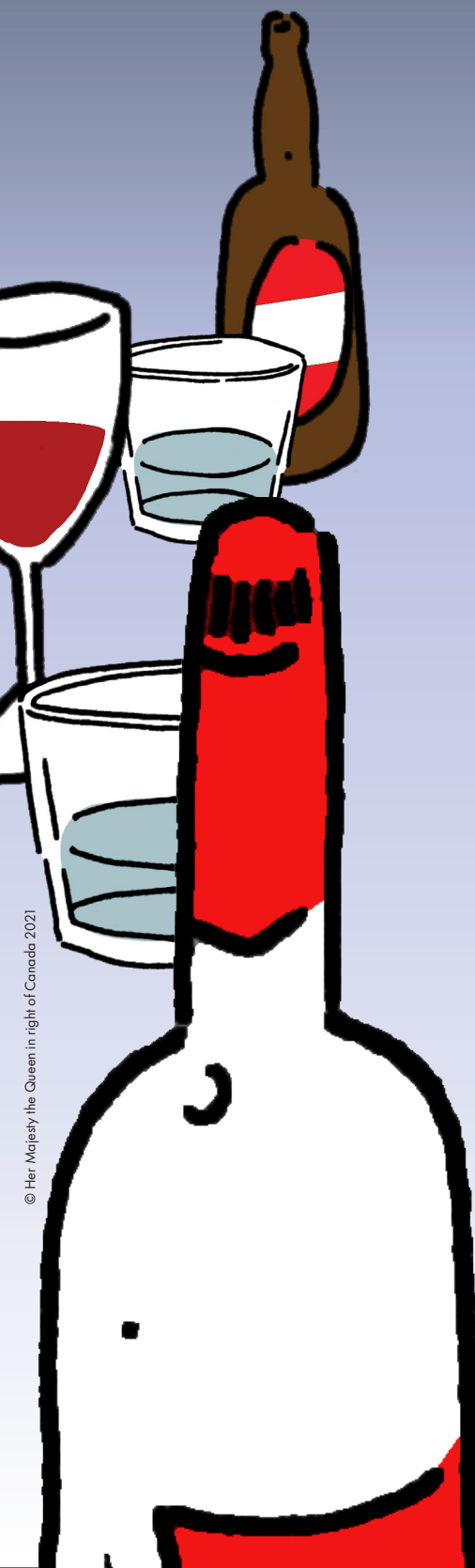
##### Other Drugs & Alcohol

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)



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