## Check out some great links!

https://www.geneseo.edu/health/red-watch-band http://b4udrink.org/

### Concerned for yourself or your friend?

http://www.geneseo.edu/health/online\_screening\_program

## **Upcoming Events:**

#### Saturday 10/23:

 Red Watch Band Training (students trained to act in medical emergencies involving alcohol)

### Wednesday 10/27:

 Mocktail Mania (7-9pm Union Lobby)



## Did you know that...

...for a man, binge drinking is defined as having 5 or more drinks in a row one or more times in a 2 week period

...for a woman, binge drinking is defined as consuming 4 or more drinks in a row one or more times in a 2 week period

### Common Myths:

## -Eating after drinking will help you sober up.

TRUTH: Once alcohol is in your bloodstream, nothing will speed the rate at which it is metabolized (.5 oz. per hour).

-Sleeping helps you sober up. TRUTH: While you sleep, your body still only metabolizes .5 oz. of alcohol per hour. Motor coordination can be affected as many as ten hours after you've stopped drinking, so the effects of alcohol may still be felt after a full night's sleep.

-When a friend is too drunk, you should let them pass out. TRUTH: Passing out is a sign that the brain has started to shut down. The amount of alcohol it takes to make you pass out is close to the amount of alcohol it would take to kill you.

# Don't be afraid to make the call, you could save a life...

University Police: (585) 245-5222

Call your RA
Off-campus: 911

## Risk reduction strategies <u>if</u> you choose to drink:

- Eat before drinking.
- Have a designated driver.
- Set a drink limit before going out.
- Avoid drinking games.
- Have a friend help you stick to your drinking plan.
- Alternate alcoholic drinks with water or juice.
- Decide if you are going to be sexually active. (If you are, BE SAFE!)
- Be proactive to avoid any possibility of your drink being drugged.

#### Signs of Alcohol Poisoning: GET HELP!!!!

- Unresponsive, unconscious?
- Slow breathing, irregular breathing?
- Cold, clammy, or pale skin?

### How do different BAC levels affect your body?

.02%- little lightheaded

.05%- warm and relaxed

.10% lack of coordination and balance

.15%- possible blackout

.20%-vomiting

.25%- emotionally and physically numb

.30%-in a drunken stupor

.35%-may stop breathing

.40%-coma

# Do You Know the Definition of a Standard Drink?

-For hard liquor, 1 drink is a 1.5 oz. shot

-For wine, 1 drink is a 5 oz. glass of wine

-For beer, 1 drink is a 12 oz. cup

-That means a traditional 16 oz. Solo party cup holds 1 and 1/3 drinks when filled with beer, and over 3 drinks when filled with wine

#### How many calories are in that drink?

-Light beer: 100 calories in a 12 oz. bottle

-Regular beer: 150 calories in a 12 oz. bottle

-Regular beer in a party cup: 200 calories

-Glass of wine: 200 calories per glass

-Sex on the beach: 600 calories per drink

-Rum and coke: 400 calories per drink

-Vodka shot: 125 calories per shot

-Jello shot: 90 calories per shot