CONGRATULATIONS GRADUATES

Nearly 30% of SJSU students **don’t** drink alcohol.*

If you do choose to drink, remember to **celebrate responsibly**.

For tips on how to drink responsibly please visit [www.sjsu.edu/wellness](http://www.sjsu.edu/wellness)

*National College Health Assessment 2012
Responsible Drinking Tips

• Pace and space your drinks: 1 drink, 1 water, 1 hour

• Track how much you drink:
  1 drink = 12 oz of regular beer, 1.5 oz of liquor, 5 oz of wine

• Do not drink on an empty stomach – eat!

• Avoid letting others handle your drink and do not leave your drink unattended

• Drink plenty of water

• Assign a designated driver

• Be honest (Ex. “I do not want to drink” when asked to drink)

• Call for help if someone is suffering from alcohol poisoning

• Local resources:
  • UPD – 408-924-2222, Yellow Cab – 408-777-7777

Signs of Alcohol Poisoning (MUST HELP)

M - Mental Confusion
U - Unresponsiveness
S - Snoring/Gasping for Air
T - Throwing Up
H - Hypothermia
E - Erratic Breathing
L - Loss of Consciousness
P - Paleness/Blueness of Skin

*awareawakealive.org