

# Party Goer Checklist

## Before the Party

- Eat a full meal containing protein to slow down the absorption rate of alcohol.
- Set a limit for the party and stick to it. Remember its okay to not drink, to have just one or two drinks or not to drink at all.
- Use the buddy system with your friends.
- Arrange a safe ride to the party and back home.
- Or plan to have a **Designated Driver**

## At the Party

- Keep an eye on your drink and your surroundings. Dump out your drink and get a new one if you suspect it has been tampered with.
- Pace yourself and alternate your drinks with water. (It takes your liver about 1 hour to process each alcoholic drink, depending on your size, food consumed and other factors.)
- Stick with one type of alcohol. Alternating types of alcohol can make you sicker because of different sugar levels between beer, hard alcohol and wine.
- Avoid drinking games. It's hard to judge how much you are drinking.

## After the Party

- Make sure you and your friends have a **safe ride home**.
- Leave with the friends you came with.
- Watch out for your intoxicated friends.
- If your friends are too intoxicated:
  - **Call 911** if they have one or more signs of **alcohol poisoning**.
  - Lay your friend on his or her side to prevent choking.
  - Stay with your friend while waiting for help.
  - Don't let your friend "sleep it off".
- Drink water to counteract dehydration and to reduce feeling hungover the next day.