**How to Drink Responsibly**

**Before**
- Be 21 or older
- Learn how alcohol affects you as an individual
- Plan a safe way home before you go out
- Know medications and drugs act differently when mixed with alcohol

**During**
- Eat a full meal and drink water often
- Don't give friends a hard time if they choose not to drink this time (or ever)
- Stick to a standard pour
- If you're hosting, serve & non-alcoholic food & drinks, too and don't over-serve your guests
- Pace yourself
- Kids are basically little overlords who watch your every move, so keep that in mind while you're enjoying yourself

**After**
- Stick to the plan you made before the festivities began, and get home safely
- Know that only time will lower your BAC once the drinking stops
  - Not coffee, a cold shower, or three large pizzas.
- Your BAC can continue to rise for up to 30 minutes after you stop drinking before it starts to come down

Responsibility.org/VirtualBar