

FIVE PRACTICAL TIPS FOR LOW-RISK DRINKING



April is Alcohol Awareness Month. Incorporate these five responsible low-risk drinking choices.

PICK A SAFE WAY TO GET HOME

Make arrangements to get home safely before you go out. Have a designated driver, or schedule a ride through an app. If you're the host at home, make sure everyone is safe by asking guests for their keys and inviting them to sleep over to avoid impaired driving. Order a rideshare for intoxicated guests who want to go home.

PLAN YOUR DRINKING AHEAD OF TIME

Make a plan and stick to it. Think about how long you'll be somewhere and decide how many drinks you plan to have. Avoid binge drinking, and commit to drinking no more than one standard alcoholic drink per hour. Drink a water, soda, or mocktail in between alcoholic drinks to stay hydrated.

KEEP TRACK OF YOUR STANDARD DRINKS

Whether you are out at a bar or staying in, drinking past your limit can happen. Stick to your limit by knowing what a standard drink is and figuring out how much alcohol is in the drink you love. Remember some craft beers contain 2-4x the alcohol, so adjust accordingly.

WHAT IS A STANDARD DRINK?

ABV: ALCOHOL BY VOLUME

BEER
12oz
5% ABV



MALT LIQUOR
8oz
7% ABV



WINE
5oz
12% ABV



LIQUOR
1.5oz
40 PROOF
40% ABV



DON'T FORGET TO EAT

It's easy to get caught up in all the fun, but don't forget to eat before and during the celebration. Having food in your system slows down the absorption of alcohol. Treat your body the way it deserves to be treated, and you'll wake up the next morning feeling great without a crushing hangover.

REMEMBER, IT'S ABOUT THE PEOPLE

Whether you are celebrating a team win or a personal goal, it's about being with the people who had your back, not how much you can drink. Remember the reason for the celebration, and enjoy it by owning your limit and protecting what you've earned.

If you have a hard time celebrating responsibly or making low risk drinking choices, it may be time to check your drinking habits or ask for help. The Substance Abuse Counseling Center (SACC) provides screening, assessment, prevention, skill-building, and referral services to help address substance misuse concerns. More information and resources are available at usmc-mccs.org/substance.