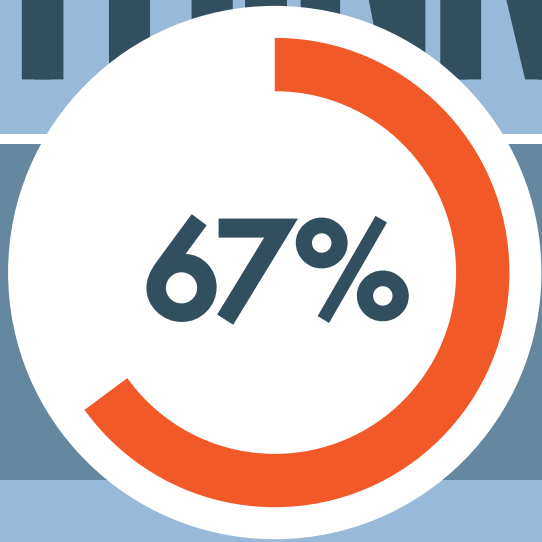
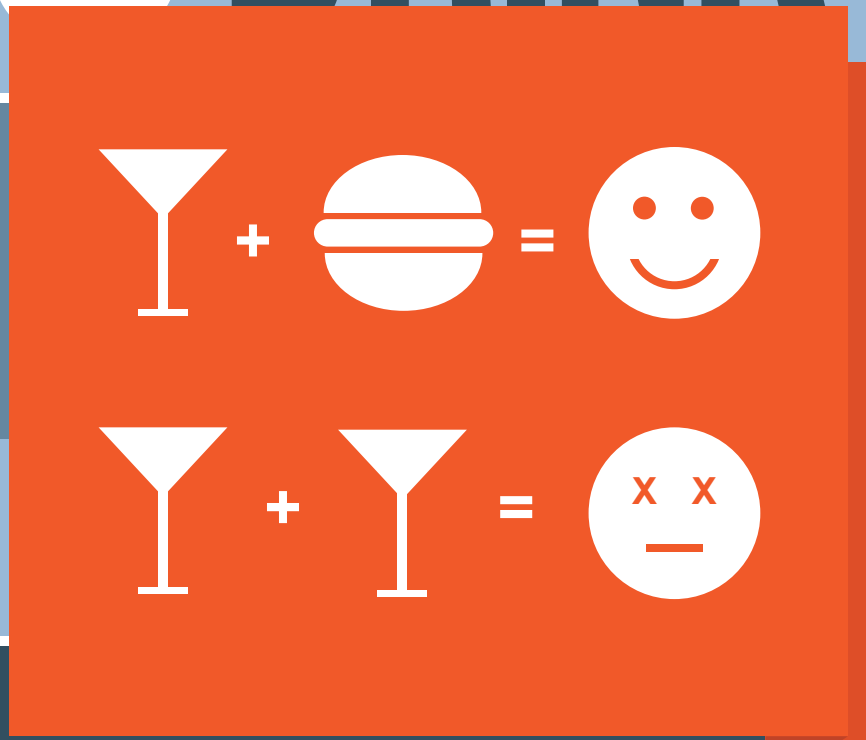


THINK BEFORE YOU DRINK



of undergraduate students at UVa have 0-4 drinks on a typical Saturday night ¹

Tip: Always eat before drinking!



THINGS TO THINK ABOUT WHEN GOING OUT:



All drinks are not created equal: each bartender will make a drink differently



Each bar/ restaurant will make drinks with different amounts of alcohol. One margarita at Toro's is different from one margarita at Plaza Azteca



Always order food while drinking and drink water in between drinks



If you are Designated Driver for the night, most bars will give you free soda!

THE IMPACT

dehydration, depletes nutrients, and interferes with sleep and recovery²

In the United States, the minimum legal drinking age in all 50 states is 21 years old

Many factors **impact** how quickly alcohol is absorbed in the blood stream including illness, lack of sleep, food in stomach, medication, etc.

CHECK WITH RANDY BIRD AND YOUR ATHLETIC TRAINER BEFORE TAKING ANY MEDICATION OR SUBSTANCE.

This could affect your drug test and possibly make you ineligible.

NEED HELP OR WANT TO KNOW MORE ?

At the UVa Elson Student Health Center (400 Brandon Ave)

Gordie Center for Substance Abuse Prevention:
434-924-5276
Counseling & Psychological Services (CAPS) daytime:
434-243-5150
After Hours and Weekend Crisis Assistance:
434-972-7004

¹ 2013 Health Survey, with responses from 654 UVa undergraduate students.
² http://www.ncaa.org/sites/default/files/6.%20DRUG%20POLICIES_6%2018-13.pdf

