

# Halloween Haunts: Drink Smart, Stay Safe!

## Safe Sips

**Know Your Limit:** Enjoy a few drinks in moderation. Don't overdo it! (Especially first-time drinkers!!)

**Hydration is Key:** Drink plenty of water before, during, and after enjoying alcoholic beverages. Water can prevent dehydration and help with hangovers next day!



## Buddy Up!

Celebrate with friends who look out for each other. No ghosting your pals!



## What's a "Standard Drink Anyway? Unmasking Your Consumption

It's tricky because different drinks have different amounts of alcohol! A "standard drink" has about 14 grams of pure alcohol.



**Regular Beer**  
(12 oz):  
1 Standard Drink



**Wine (5 oz)**  
(5 oz)  
1.2 Standard Drink



**Hard Liquor**  
(1.5 oz)  
1 Standard Drink  
(vodka, whiskey, gin)

# Mitigate Risks

## Unsafe Sips

**Avoid Excessive Intoxication:** Avoid drinking to extreme intoxication where you lose control. Some symptoms of these include:

- Spaghetti Legs – falling and stumbling
- Slurred Speech
- Blurred Vision
- Blood shot eyes
- Slow reflexes

## Potion Mix-Ups Are Scary!

Mixing alcohol with other substances like energy drinks or other alcohol can be very dangerous.

*Please don't use alcohol as a way to cope with problems or mental health struggles like anxiety and stress.*

**Student Health & Counseling Center**  
**Phone: 518-564-2187**  
**healthcenter@plattsburgh.edu**

**For emergencies, call 911 or  
University Police at 518-564-2022**

**988 – Suicide & Crisis Lifeline:** Free, 24/7, judgment-free support for mental health, substance use, and more. Call, text, or chat anytime.

