

# Safe Drinking Strategies



## Standard drinks

← 1 bottle of beer  
 12 oz, 5% alcohol

← 1 glass of wine  
 5 oz, 12% alcohol

← 1 shot of liquor  
 1.5 oz, 40% alcohol

### BEFORE

- Set a limit
- Identify a designated driver or coordinate getting a safe ride home
- Stick with your friends

### DURING

- Space out drinks with food and non-alcoholic drinks
- Don't mix alcohol with medication, energy drinks or drugs

### AFTER

- Signs of alcohol poisoning:
- Vomiting
  - Confusion
  - Slow breathing
  - Cold and clammy skin
  - Irregular pulse

## WHAT TO DO IN CASE OF ALCOHOL POISONING

- Stay with them
- Call 911
- Keep them awake
- Put the person in the recovery position:
  - Lying on side
  - Hand supporting head
  - Bend lower arm under body to give stability
  - Bend knee forward and out to stop body from rolling

## GETTING HELP

Brown County Human Services offers chemical health assessments and referrals help for people of all ages who are experiencing substance use-related problems. Information is available by calling the intake worker at (507) 359-6565 or toll free at (800) 450-8246.

New Ulm Medical Center also offers chemical health assessments and treatment programs that can help. For more information call (507) 217-5199.