

Safer Drinking Tips (provided by EIDGE Vancouver)



1 Be prepared before you drink

- Take your medication, eat something (or drink a meal replacement) and have a big glass of water before or after your first drink of the day.
- Let your friends/family know where you'll be drinking if you are going on a bender.



2 Mixing and diluting your drinks

- Pre-mix your drinks with your preferred mix (orange juice, cola, etc.) to help dilute the overall alcohol percentage and make your drinks last longer.



3 Hydrate before & during any drinking session

- Keep a bottle or glass of water nearby and after each drink, have a drink of water.

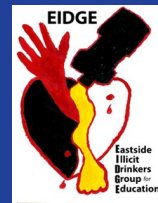


4 Know your limits

- Count your cans and bottles and know when you started drinking so you have a better idea if you should slow down.
- Some alcohols affect people differently. Avoid the alcohols that aren't a good fit for you. A certain type of alcohol might cause you to black out or fall down more so try not to drink that.

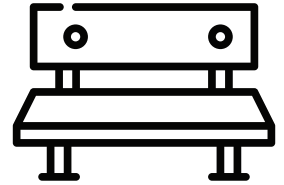


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5 Drink in safe places

- In the summer stay in the shade, in the winter try to keep warm and dry.
- Drink with others or if you are drinking alone, pick a place that is well known to your friends so they can find you and let them know where you will be.



6 Tips for tracking your drinking amounts

- Keep your cans (or pull tabs) so you can count the total.
- Mark your bottles or pour out a specific amount (e.g., half the bottle) so it is easier to track, especially if diluting or mixing.



7 Cutting back

- Get a sense of how much you are drinking on an average day (e.g., 8 cans of 8% beer). Then if you want to cut down you can make smaller goals like “drink 1 less can of beer a day” (e.g., 7 cans of 8% beer).
- If you are cutting back and might be tempted to drink all your alcohol, hide a few around your place or give them to a friend for safe keeping until you need them.
- Before stopping all at once, make sure to consult your healthcare person to help manage withdrawal.

