

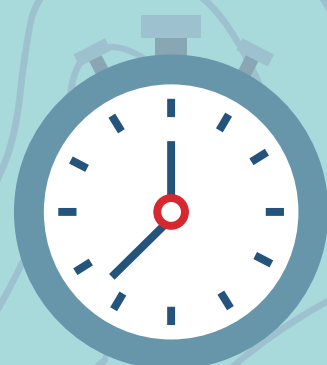
The legal drinking age in the state of Virginia is 21. If you're under the age of 21, you are taking a legal risk when consuming alcohol.



Alcohol & Harm Reduction

It takes about 10 minutes to feel the physical effects of the alcohol you drank. Be mindful not to consume multiple drinks within a short duration of one-another.

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Avoid drinking alcohol on an empty stomach. Make sure to eat a full meal before you plan to drink even a small amount of alcohol.

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Tubs of mixed drinks ('juice') are dangerous if you don't know what's in them. Avoid drinking beverages where you didn't witness the mixing and pouring beforehand.



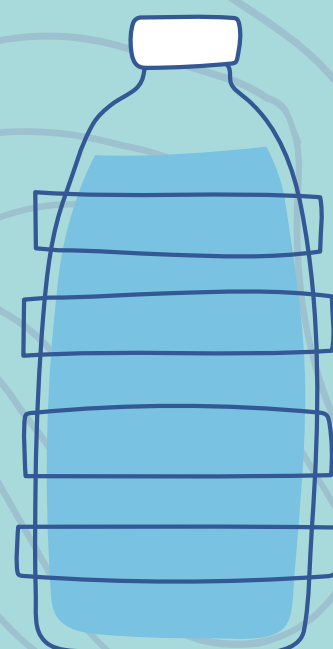
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If you plan to go out and consume alcohol, you should always clearly communicate your plans with someone close (a roommate, friend, or family member) so they can check in for your safety.



5

Consuming alcohol can dehydrate your body very quickly. In fact, most of what you are experiencing when you have a 'hangover' is dehydration. Make sure to drink large amounts of water before, during, and after you plan to consume alcohol.



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Try to avoid drinking games, shots, or anything that aims to get you intoxicated fast. Alternatively if you are playing a drinking game, switch between a non-alcoholic beverage and the alcoholic beverage.

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Do not mix caffeine & alcohol. Caffeine can mask the depressant effects of alcohol, making you feel more alert than you would otherwise. As a result, you may drink more alcohol and become more impaired than you realize.

8

Try to be the one who makes your own drinks/pours your own drink & never leave your drink unattended.



9

Set a drink limit before you start drinking and assess as you go.



10

Look out for you fellow spiders by:

- stopping a person who's had too much to drink from drinking more or playing drinking games.
- Speak up when you think something is off, say something.
- Make sure you are provided a ride home with a sober driver.

