



## Mixing Drugs & Alcohol is Risky Alcohol with other drugs may be deadly.

Marijuana impairs attention span, ability to think clearly, make safe decisions & slows response time. Alcohol intensifies these effects.



**Ecstasy** impairs ability to think clearly & make safe decisions. 'E' & alcohol increases risk of dehydration, overheating & can be fatal.

Prescription or over the counter medications can cause cramps, headaches & vomiting. With alcohol, it can slow or stop breathing. Consult a pharmacist before drinking alcohol with medication



**Stimulants** (ex: caffeine, energy drinks) make you feel more awake. You may think you're sober when you're not.



Make the sober choice...enjoy non-alcoholic drinks for any occasion. Try Mocktails!

## Think Before You Drink!

If you choose to drink...Protect yourself!

**Think First** – Drugs & alcohol impair your judgment, so take time before making decisions.

Stick Together! - Don't leave friends or go alone.

Drink Slowly - No more than 2 drinks in any 3 hours.

Stay Hydrated, eat before & while you drink – For every drink of alcohol, have one non-alcoholic drink.



**Keep Someone in the Loop** – Let someone know where you are & be with friends you know & trust.

Know Your Surroundings - Be alert in unknown places.

Know Your Limit – Set a limit for yourself & stick to it.

**Be Prepared** – If outside, carry a whistle & flashlight. Take your cell phone & program it with emergency #'s.

Don't leave your drink alone – ALWAYS keep it by you!

Don't take drinks from anyone you don't know.

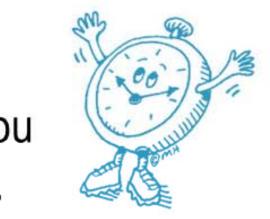
Avoid drinks from open containers (punch bowl).

If a drink looks or smells different, don't drink it.



**Avoid cranberry drinks -** it hides the taste & smell of some drugs.

Only time sobers you up – Coffee, cold showers, energy drinks or food don't make you sober. You may still be impaired the next day.



**Don't Drink & Drive** – Have a plan for a safe ride home - take a cab, get a designated driver or stay the night.



Mental Health Crisis Line 1-888-737-4668

**NL Health Line** 1-888-709-2929

**Kids Help Phone** 1-800-668-6868



## Warning!

**Alcohol poisoning can kill** - often from the person "passing out," vomiting & choking. If unconscious, lay on his or her side & watch closely. Clammy skin, low body temperature, slow breathing are signs of alcohol poisoning. **Seek emergency medical care immediately.** 

If your drink (alcoholic or non-alcoholic) was spiked you might...

- Feel relaxed or really tired.
- Feel very drunk, out of control, suddenly outgoing or sensual.
- Pass out, not know where you are & have no memory of what happened.

If you suspect your drink may have been drugged you should...

Tell someone you trust & seek medical attention immediately.

