

As Peer Health Advocates, we strive to foster a community of care and awareness for all students, should they choose to drink alcohol or not. At Reed, we have seen serious outcomes associated with alcohol use or overuse, such as: serious injury, medical transport, sexual assault, and disciplinary action. Keeping the following tips in mind if you choose to consume (or be in an environment where others are consuming) alcohol can help you and other members of the Reed community stay safe!

Drinking Alcohol?

Help keep Reedies and the Reed community safe with these tips:

1. How food affects your blood alcohol level

It's crucial to eat *before* you begin drinking, as those 2am trips to Homers for a box of Cheez-Its or a frozen burrito won't improve your chances of avoiding a hangover in the morning. Choosing food that has protein and carbs (like a sandwich, chicken strips, or pizza) allows alcohol to be absorbed more slowly and your blood alcohol content will not rise as fast, so you will not become intoxicated too quickly.

2. It's important to drink water, especially before consuming alcohol.

Alcohol is a diuretic and causes you to become dehydrated. Slowing down alcohol consumption (and being sure to drink plenty of water) is the best way to avoid blacking out or passing out, and what fun is a party that you can't even remember?

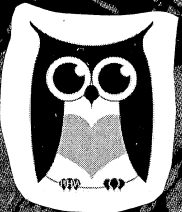
3. Mixing caffeine and alcohol

The combination of caffeine (energy drinks, coffee, etc.) and alcohol masks the sedative effects of alcohol that often cue people to stop drinking. As a result, one may be misled into thinking they have more energy than they actually do, which can push them to continue drinking—which can lead to a nasty hangover. Some say that caffeinated tea and coffee will aid in sobering up. Unfortunately, this isn't the case and the only way to sober up is to just give it time.

4. The benefits of alternating drinks

The body metabolizes approximately one standard drink per hour (1.5oz hard liquor/5oz wine/12oz beer) until the alcohol is out of your system. So alternating alcoholic drinks with non-alcoholic drinks (such as water) helps slow down the rate of your alcohol consumption, allowing you to enjoy yourself while staying within an enjoyable BAC range.

Community Wellness



Vomiting does very little to lower your BAC.

Alcohol absorption into the bloodstream begins almost immediately, so throwing up a small amount of alcohol that was in your body won't make much of a difference. If you're at the point of vomiting, there's too much alcohol in the body's system and it's a signal to stop drinking and call a CSO (you can always call with medical amnesty if needed).
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