GUIDELINES FOR LOW RISK DRINKING

The SECRET Code: 0-0-1-3

ZERO DUIS! Aim for never driving while you are drinking. Don’t forget to use taxi cabs and designated drivers!

ZERO DRINKS if you are sick, using medication, pregnant, under the age of 21, chemically dependent, driving, or have a family history of alcoholism.

If you choose to drink, ONE DRINK per hour is the best low-risk choice and sets the pace for most people.

To further reduce risk factors for unintentional consequences try to limit yourself to no more than THREE DRINKS on any given day!

One low-risk drinking guideline is the “0-0-1-3” method described above. It is a well-established method that reduces risk of harm to self and others. If you need additional information or would like to discuss other low-risk options please visit CADIC in Mark Clark Hall. All meetings are private and confidential.

REMEMBER A STANDARD DRINK = 1.5 oz. of 80 proof liquor, a 12 oz. can of beer, or a 5 oz. glass of wine

OTHER HELPFUL TIPS...

Small changes can make a big difference in reducing your chances of having alcohol-related problems. Whatever strategies you choose, give them a fair trial. If one approach doesn’t work, try something else. If you need assistance, visit CADIC in Mark Clark Hall. All meetings are private and confidential.

| KEEP TRACK | Keep track of how much you drink. Making note of each drink before you drink it may help you slow down when needed. |
| COUNT & MEASURE | Know the standard drink sizes (see below) so you can count your drinks accurately. |
| SET GOALS | Decide, in advance of drinking, how many drinks you will have during an outing. Do your best to follow the 0-0-1-3 guidelines above. |
| PACE & SPACE | When you do drink, pace yourself. Have “drink spacers”—try to make every other drink a non-alcoholic one, such as water, soda, or juice. |
| INCLUDE FOOD | Don’t drink on an empty stomach. Eat some food so the alcohol will be absorbed into your system more slowly. |
| KNOW YOUR “NO!” | You’re likely to be offered a drink at times when you don’t want one. Have a polite, convincing “no, thanks” ready. |
| TIME!!! | Remember that it takes TIME – about 1 hour per drink – for the alcohol to leave your body! |

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PLEASE NOTE: The guidelines above do not apply if you:

- Have health problems such as liver disease or mental illness
- Are taking medications such as sedatives, painkillers, sleeping pills or most medications for mental illness
- Have a personal or family history of drinking problems
- Have a family history of cancer or other risk factors for cancer
- Are pregnant, trying to get pregnant or breastfeeding
- Will be operating vehicles such as cars, trucks, motorcycles, boats, snowmobiles, or bicycles
- Will be doing activities where you are responsible for the safety of others at work or at home
- Are told not to drink for legal, medical or other reasons
- You are in violation of The Citadel AOD Policy and/or local and state statutes