Eating high protein foods will slow down the absorption rate so alcohol won’t hit your system all at once.

Plan ahead by figuring out how you’ll get home safely. Consider arranging a designated driver, taking cash for a cab, or staying overnight.

Set a drinking limit to know how many drinks you’re going to have and try to stick to it. Maybe have your designated driver help you stick to your limit.

Use the buddy system to stick together and leave together. This way you’ll help prevent unwanted hook-ups or anyone being left behind.

Tape doors with caution tape or painters tape to keep unwanted guests from entering.

Eat a full meal before going out to slow down the rate of alcohol absorption.

Stick with friends to ensure at least a few people at the party you know well and trust.

Maximum limit is 4 drinks for women and 5 for men.

Avoid mixing alcohol with different types as it can lead to vomiting and worsened hangovers.

Avoid drinking games so you can more accurately judge how much you’re drinking and how quickly.

Think ahead by bringing any necessary items such as aspirin, breath mints, or gum.

Avoid drinking hard alcohol. Choose clear alcohol over dark to minimize hangovers.

Listen to your body. If you develop a headache, feel tired, or feel “weird”, get help immediately.

Handle your own drink and keep it with you at all times. Don’t drink from open containers or punch bowls.

Stick to your limit by not accepting any offers from others.

Drink water and eat small amounts of mild but nutritious food to counteract dehydration and prevent a hangover.

Pace your drinking by not drinking too much too fast.

Avoid drinking games since they make it hard to judge how much you’re drinking and how quickly.

Choose clear alcohol over dark.

Know the signs and symptoms of alcohol poisoning and what to do if you see someone exhibiting these symptoms.

If you feel “weird”, develop a headache, or feel very tired, get help immediately.

Don’t accept any pills from others. Bring your own if necessary (e.g., aspirin, breath mints).

Listen to your body. If you feel “weird”, develop a headache, or feel very tired, get help immediately.

Just because someone hands you a drink doesn’t mean you have to drink it. It’s okay to set it aside and drink later.

Handle your own drinks and keep them with you at all times.

Try to get sleep by allowing your body to process the alcohol at a steady rate.

Drink water and eat a small amount of nourishing food. This helps counteract the dehydration and electrolyte imbalance from the alcohol.

Stay aware and think ahead. If you feel “weird”, develop a headache, or feel very tired, get help immediately.

Keep an eye on friends to ensure they’re safe and not drinking too much.

Leave with your friends and don’t leave them alone. Be sure to check on them throughout the night since their BAC can still rise even though they’ve stopped drinking.

Drink water and eat a small amount of nourishing food.