

Before you drink, plan a safe way for you and your friends to get home.

Uber, CyRide, Lyft, Taxi, or a sober friend are all great options.



Eat a full meal (low in sodium) to slow down the absorption of alcohol and snack throughout the night.



**Know the signs of alcohol poisoning and call 911 if you are concerned about a friend.
DO NOT LET THEM "SLEEP IT OFF."**



Pace yourself and alternate drinks with non-alcoholic beverages such as water. Stick to a drink an hour.



If you choose to drink...

PARTY LIKE A CYCLONE

BE SAFE. BE HEALTHY. BE LEGAL.

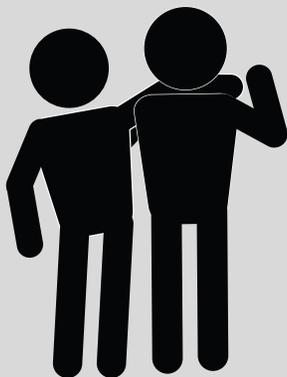
Do not drink from large containers with mixed alcohol such as jungle juice.



Stay with the group of friends you went out with and ensure everyone you went out with gets home safely.



Know University policies and state, local, and federal laws concerning alcohol consumption.



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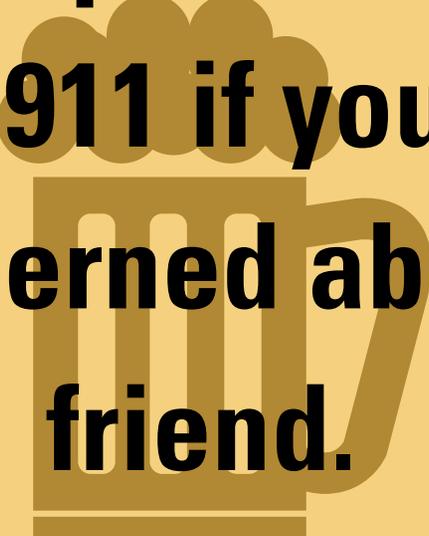
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Additional ideas for board:

- Staple red solo cups to board for three dimensional look**
- Use graphics on following pages to fill-in white space as needed.**
- Include resource information (ISU PD, Student Conduct, Student Wellness, Mary Greeley Medical Center, etc.)**

