

SUBSTANCE SAFETY

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Office of Health Promotion
 Department of Student Health
 University of Virginia

Health and Safety are a priority at UVA, which means taking care of ourselves and the people around us. If choosing to use substances, practice these safer strategies.

MAKE A PLAN!

Heading out? Keep this checklist of protective strategies in mind to help take care of yourself, your friends, and your community.

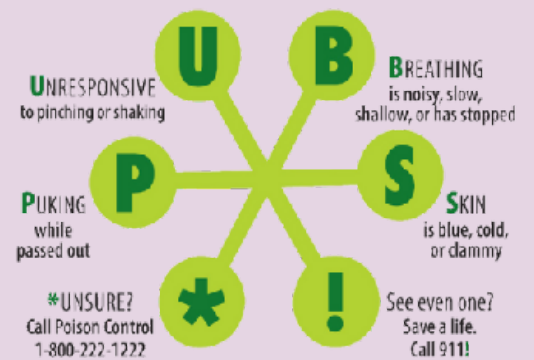
- Stay with friends and **don't leave anyone behind**; if you get separated, call a friend
- Be mindful of the way that substances can **lower inhibitions and affect decision-making**
- Watch your drink as it's made and **keep an eye on it**
- Tell a friend where you are going and **plan a safe way back home**
- **Eat** before and while drinking
- **Pace and space** alcohol with water
- Keep your phone **charged**
- **Leave** if you don't feel comfortable in the environment

HOO?
KNEW!

3 out of 4 UVA undergraduates have 3 or fewer drinks on a Friday night.*

Is It Alcohol Overdose?

Check for any of the four PUBS signs of alcohol overdose



If you see **ONE** of these signs **CALL 911 immediately!** Roll the person on their side to keep their airway open in case of vomiting or choking and stay until help arrives.

HOO?
KNEW!

96% of UVA undergraduates who drink want their friends to tell them if they've had too much to drink.*

RESOURCES

UTS OnDemand/NightPilot: Free, on-demand rides from 10:00PM to 5:00 AM, 7 days a week; use the TransLoc app

Blue Light Phones: 911 direct line, located on and off Grounds

Angel Shot: Let the bartender know you're in trouble by ordering this drink

CANNABIS CAUTIONS:
 Keep in mind that...

- Actual product content and side effects can be **unknown**
- Edibles can take **up to two hours** to take effect
- Use on UVA property is **prohibited**

WHAT TO EXPECT WHEN GETTING HELP:

1. If there's any question about whether someone needs help, **err on the side of safety and call 911.** After calling 911, stay and cooperate with emergency personnel.
2. **There is no cost for ambulances and students won't go to the hospital if not medically necessary.** If seeking care for an alcohol or drug incident at any hospital, parents/guardians are only notified in life-threatening events or if the student is under 18.
3. UVA will not pursue disciplinary action (for personal consumption of alcohol or other drugs) against the person being helped and the person who got help.

TIP: Don't feel pressured to finish your drink or accept drinks from others and feel free to ask for water

*From the February 2023 Spring Health Survey from 1229 UVA undergraduates Collected by Student Health and Wellness