

Health and safety are a priority in our UVA community, which means taking care of ourselves and the people around us. If choosing to drink, using safer strategies can reduce the risk of negative outcomes.



swipe to learn more!

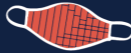
SAFER STRATEGIES IF YOU CHOOSE TO DRINK

Use your own cup and write your name on it

If playing drinking games, play with water, don't share cups, and choose games where you can still stay 6 feet apart

Drink from individual containers rather than communal drinks

If leaving your home, always remember to bring your mask!



HOO KNEW?

86% of UVA students who drink stay with the same group of friends the entire time they are drinking*

*From the April 2019 UCelebrate survey with responses from 833 UVA students.

Signs of Alcohol Overdose

GORDIE Check
Alcohol overdose can have any of these four PUBS symptoms

U **UNRESPONSIVE**
to pinching or shaking

B **BREATHING**
is irregular, slow, shallow, or has stopped

P **PUKING**
while passed out

S **SKIN**
is blue, cold or clammy

***UNSURE?**
Call Poison Control
1-800-222-1222

! **SEE EVEN ONE?**
Save a life.
Call 911!

gordie.org

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Check out the following video link for more info:
<https://youtu.be/ycwyLPgUunc>

If you see **ONE** or more of these signs, **Call 911!** Roll them on their side to keep their airway open in case of vomiting or choking and stay with them until help arrives. If you're not sure whether 911 is needed, the Poison Control Center offers free, **confidential** 24/7 consultation. Call **1-800-222-1222**. Consider putting this number in your phone ahead of time.

COVID SAFETY REMINDERS

If choosing to drink, be mindful of the way alcohol influences both the body and mind. Alcohol can lower inhibitions and impact decision-making. This can increase the risk of contracting and spreading COVID-19, even if individuals are careful during the majority of their daily routines.

Be sure to keep this in mind and continue adhering to University guidelines and policies on COVID-19 prevention!

These guidelines help keep both you and the community safe.

HOO KNEW?

92% of UVA students watch out for friends to make sure they stay safe.*