

substance safety ✦ ✦

HOO?
KNEW!

2 out of 3 UVA undergraduates drank 0-4 drinks the last time they had alcohol in a social setting.*

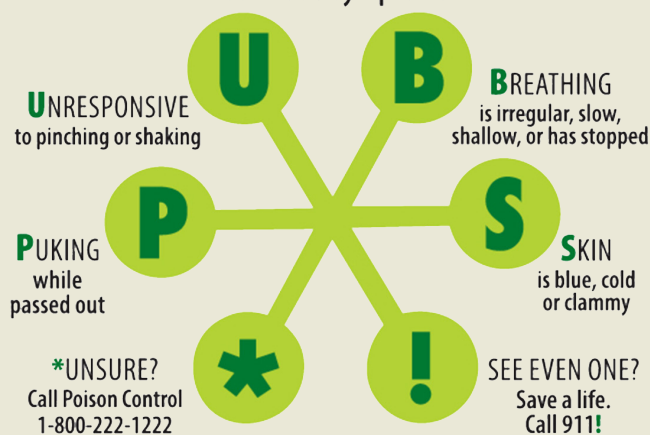
*From the February 2022 NCHA with responses from 1040 UVA undergraduates.

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:

- ✦ Stay with friends and don't leave anyone behind
- ✦ Be mindful of the way that substances can lower inhibitions and affect decision-making
- ✦ Keep your phone charged
- ✦ Leave if you don't feel comfortable in the environment and ask for help
- ✦ Plan a safe way home and communicate it with friends
- ✦ Eat before and while drinking
- ✦ Pace and space alcohol with water
- ✦ Watch your drink as it's made and keep an eye on it

GORDIE Check

Alcohol overdose can have any of these four PUBS symptoms



gordie.org

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tip! Don't feel pressured! If you have a drink you don't want, discretely dispose of it and ask for a water.

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

- ✦ 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.
- ✦ UVA will not pursue disciplinary action (for personal consumption of alcohol or other drugs) against the person being helped and the person who asked for help.
- ✦ 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.

✦ Scan here to learn more:



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

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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

There are many ways to have fun and socialize without drinking. Check out the WahooWeekender, an email listserv with substance-free weekend activities.

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Office of Health Promotion
Department of Student
Health & Wellness
University of Virginia

Edited by
Sonya Shafqat,
Class of 2023
Designed by
Vibha Vijay,
Class of 2023

