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.

**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 stay 6 feet apart.

*Drink from individual containers rather than communal drinks.*

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

*84% of UVA students who live with the same group of friends the entire time they are drinking.*

**Signs of Alcohol Overdose**

**GORDICheck**

U B S P S

If you see one or more of these signs, Call 911! Keep them on their side to help, their attentive care is key to saving a life when calling for medical help.

Call 1-800-222-1222. Consider putting this number on 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 inflammation 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.

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

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*From the April 2019 Caldwell Survey responses to 1231 Students*