Tips for a safe night out in Clifton:

- Get food delivered instead of going out late at night
- You can use the lines on a Solo cup to measure your drinks and avoid over-drinking
- Pace yourself with 1 drink per hour
- Eat carbs and healthy fats before a night out—pasta, almonds, a sandwich, etc.
- Don’t go out alone—it’s safer to travel in groups, and friends can help you count your drinks

Know the signs of alcohol poisoning with CUPS:
C—Cold and clammy skin
U—Unresponsive or difficult to wake up
P—Puking while passed out
S—Slowed breathing
Never be afraid to call 911—even if you’re under 21

Numbers to know...
- UCPD: 513-556-1111
- NightRide: 513-556-RIDE
- CPD: 513-765-1212

Have fun and get home safe!

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