

Drink too much,
you're asking for trouble.



Government of South Australia
SA Health



Website information

There are a number of ways you can drink alcohol responsibly and still have fun. The below tips will help you keep in control of your drinking:

- Have a water or soft drink to quench your thirst before you start drinking alcohol.
- Set a limit and count your drinks (it is recommended that you have no more than 4 standard drinks on a single occasion*).
- Eat before and while you are drinking.
- One drink at a time. Avoid drinking in rounds and topping up drinks.
- Pace yourself. Have a non-alcohol drink as a spacer and take sips not gulps.
- Keep active. Dance, play pool etc – you tend to drink less.
- Try low-alcohol alternatives (eg light or mid-strength beer).
- Plan safe transport. Have a designated driver, keep enough money to pay for a taxi or use public transport.
- Never mix alcohol with illicit drugs.
- Always check the effects of prescription drugs are not interfered with by alcohol.
- If friends choose not to drink they should be supported in this decision.
- If someone is drinking and passes out or becomes unable to speak, **dial 000** immediately.

For further information, please visit www.alcohol.sa.gov.au or call the Alcohol and Drug Information Service on 1300 13 1340.

* The National Health and Medical Research Council (NH&MRC) recommend that healthy men, should consume no more than four standard drinks on a single occasion to reduce the risk of alcohol-related injury arising from that occasion (<http://www.nhmrc.gov.au/publications/synopses/ds10syn.htm>).