



**CAL STATE FULLERTON AND THE CITY OF FULLERTON ARE PARTNERING TO RAISE AWARENESS OF THE DANGERS OF IRRESPONSIBLE ALCOHOL USE, AS WELL AS ENCOURAGE THE LEGAL AND RESPONSIBLE USE OF ALCOHOL.**

**WHAT IS ONE DRINK?**



5 oz. glass of wine



12 oz. beer



1.5 oz. liquor (80 proof)

**MODERATE DRINKING**

1-2 drinks per occasion/sitting

**BINGE DRINKING**

for women 3+ drinks per occasion/sitting  
for men 4+ drinks per occasion/sitting

**HEAVY DRINKING**

for women 1+ drink per day on average  
for men 2+ drinks per day on average

**BEWARE OF...**

**...THE RED PARTY CUP!**

Red party cups can trick you into thinking all alcohol is the same. Most party cups are 16oz; this may cause you to consume more alcohol per drink.

One mixed drink in a party cup may contain as many as 5 shots!



**ALCOHOL POISONING**

*Know the signs.*

- C**old, clammy skin
- U**nconscious or unable to be awakened
- P**uking while passed out
- S**lowed or irregular breathing

*Make the call. Save a life.*

If someone is exhibiting any of the above signs, call **911** and get help immediately.

**PREVENTING DRIVING UNDER THE INFLUENCE**

**PLAN** ahead. Do not drive if you have been drinking or taking medication.

**DESIGNATE** a SOBER driver, not the person who is the "least drunk".

**NEVER** ride with an intoxicated driver.