There are ways to have parties that are smarter than others. If you are going to have a party:

» Inform your neighbors
   » Be respectful and let your neighbors know you will be having a party.
   » Ask them to let you know if it is getting too loud. This way they might call you first, not the police.

» Be a good host and friend
   » Avoid drinking games. Create other activities that won’t be dangerous to your friends.
   » Provide food and nonalcoholic beverages for your guests.
   » Arrange for designated drivers.
   » Never let your friends drive under the influence.

» Watch out for yourself
   » Eat before you start drinking.
   » Alternate your drinks.
      » Drinking water between drinks will help you stay hydrated.
   » Avoid drinks with unknown contents
   » Do not leave your drink unattended.
   » Don’t mix alcohol with prescription or nonprescription drugs.
   » Pace yourself: Consume no more than one drink per hour.

**Pour Responsible**

**Know Your Lines**
- BEER 12oz
- WINE 4oz
- LIQUOR 1oz

* Each equal one serving

**Keep Your Party Small, Don’t Post It On Your Wall.**

**What If Someone Drank Too Much?**

» Don’t leave an intoxicated person alone. Turn them onto their side to prevent choking while vomiting.
» Don’t help them walk or “sleep it off.” If the person cannot be awakened they need medical attention.
» Don’t try to give the person a shower; it could lead to shock. If you do not know what to do, call 911.
» Don’t try to give the person food or beverages; (including water or coffee) this could cause the person to choke.
» Do focus on your friend’s health and safety.

**Alcohol Toxicity**

Rapid consumption of alcohol can be life threatening. Call 911 if someone has any of these symptoms:

» Unconscious or semiconscious
» Cannot be awakened
» Has cold, clammy, bluish skin
» Their breathing is slow or irregular
» Their breathing rate is less than 10-20 times a minute
» They vomit while sleeping/passed out
» They do not wake up after vomiting

**Out of Control Party?**

» If your guests or uninvited guests won’t pay attention to your requests to leave or obey the law, consider calling the police for help.
» The police will view this as a good preventative action on your part and you will be less likely to face severe citations.

» If the police do show up at your house…
   » They are most likely responding to a complaint.
   » Be cooperative and do as much as possible to comply with what the police are asking you to do.
   » Interfering with a police officer can make a bad situation worse.
   » Do not physically resist under any circumstance.

» Should you be convicted of a felony…
   » The felony record may stay with you for the rest of your life.
   » You can expect to have to explain it in a job interview, school applications, and loan applications.
   » It could keep you from obtaining certain jobs or being admitted to graduate and professional schools.

**Call the Non-Emergency Police Line 541-682-5111**