

Alcohol Harm Reduction

01

LEARN ABOUT BLOOD ALCOHOL CONCENTRATION (BAC) AND SET YOUR DRINKING LIMITS

Utilize a [Blood Alcohol Concentration \(BAC\) calculator](#) to get an approximate BAC level and see how alcohol consumption affects BAC over time. Stay within your drinking boundaries.

02

EAT & DRINK WATER BEFORE AND DURING DRINKING

Do not drink on an empty stomach.



03

PACE & KEEP TRACK OF YOUR DRINKING

Pace drinks throughout the event. Alternate alcohol with non-alcoholic drinks.



04

STOP DRINKING WHEN YOU FEEL BUZZED

- NOTHING will sober you up except time.
- Ask your friends or trained [Caregivers](#) to stay with you or get you home safe.



05

RECOGNIZING AN ALCOHOL EMERGENCY

- The normal reaction to alcohol is biphasic. The first phase occurs while your BAC is low and the effects are typically a mild buzz or pleasant high.
- You may experience the most harmful consequences when you drink past the point of diminishing returns, which is where one more drink will not make you feel any better, but will instead make you more impaired.
- Call REMS: 713-348-6000 for immediate assistance.



06

DO NOT DRINK WHEN...

- You are driving.
- Combining alcohol with other drugs/ medications.
- Your drink is unattended.
- You don't want to. You can say "No, thanks!"

The Student Wellbeing Office provides campus education and programs about alcohol, and the Rice Counseling Center provides free, confidential appointments for students concerned about their own or others' use of alcohol or other drugs. Please call 713-348-3311 (24/7) or visit their [website](#) and the [Recovery Support and Resource Guide](#) for more information and referrals.