

Drink Safely

- Not drinking is an option.
- Intoxication seriously impairs your physical and mental abilities and makes you an easy target for becoming a crime victim.
- Drinking impairs our ability to make good decisions concerning our safety.
- Individuals and groups under the influence of alcohol will do many dangerous or illegal things that sober people would never consider.
- If you drink, don't drive; always have a designated driver.
- If you have problems when you drink, you are probably a problem drinker.
- Alcoholism is a disease; if you or someone close to you needs help, contact your Counseling Center, Health Center, Public Safety or Police department to determine your best available resource.