

How to be safer when you drink alcohol

This info sheet has 10 tips to help you stay safe when you drink alcohol. A tip is good advice.

Here are some ways you can be safer while drinking.

1. Plan a safe way to get home.
2. Know how much you can drink without losing control.
3. Eat food before and while you drink.
4. Have one glass of water between every alcoholic drink.
5. Drink with people you trust, not by yourself.
6. Drink slowly.
7. Stay with your drink instead of leaving it. If you leave your drink, someone could put drugs in it.
8. Ask your doctor if it is ok for you to drink, especially if you take medicines. Alcohol mixes badly with some medicines.
9. Drink the amount that is right for you. Don't drink more to impress other people.
10. Keep your phone charged.

The info sheet explains each of these tips.

You can download the info sheet for free. But you have to fill in a form to get the download. The form asks for your name and email address. It is your choice whether you want to share this information.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit

- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you](#).

This resource was made by

South Australian Council on Intellectual Disability (SACID)

SACID is the South Australian representative of Inclusion Australia. The team at SACID speak up about issues that are important to people with intellectual disability and their families in South Australia on a national level.

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