



THINK BEFORE YOU DRINK

STAY IN THE KNOW

PREVENTING SUBSTANCE MISUSE IN FREDERICK COUNTY

A message from the Frederick County Health Department

Visit StayInTheKnow.org/Alcohol for more tips on drinking responsibly

Responsible Drinking Tips:



Have a plan
before you
go out



Eat before and
while drinking



Choose not to
drink alcohol
(sometimes zero is
your best option)



Pace and Space
(pace your drinks
to one or fewer
per hour)



Avoid drinking
games



Count your drinks
(lose count,
lose control)



Alternate alcoholic
with non-alcoholic
drinks



Watch out for
your friends



One and Done



Know your drink
(know the
alcohol content)

STAY **IN THE KNOW**

StayInTheKnow.org/Alcohol

