

# GUIDE TO RESPONSIBLE DRINKING

AUGUST 2018



## DON'T MIX ALCOHOL & CAFFEINE!

Share the tips below to help Service members understand the risks of [drinking alcohol and caffeine](#) at the same time (especially energy drinks) so they can make better decisions about their drinking habits.



- If you drink caffeine and alcohol at the same time, you may drink more alcohol than you planned because caffeine can hide alcohol's effects. Even if you feel more awake, you're still just as buzzed as you would be without the energy drink. **Keep track of how many drinks you have so you don't overdo it.**
- Energy drinks and alcohol can both dehydrate you. Mixing the two together in the hot summer sun is a bad idea. If you choose to drink, **make every other drink water to stay hydrated!**
- Those who drink alcohol with energy drinks are more likely to report having unwanted or unprotected sex, driving drunk, riding with a drunk driver or experiencing alcohol-related injuries. **Stick with a sober buddy and always plan your ride ahead if you plan on drinking.**

## CAMPAIGN UPDATES:

- Do your Service members know what makes up a standard drink? Share our new [Standard Drink Fact Sheet](#) to help them drink responsibly.
- Remind Service members to follow That Guy on [Facebook](#) and [Instagram](#) for safety tips during the "101 Critical Days of Summer."

## ONE MORE THING:

Service members can seek help for an alcohol misuse problem. Check out these [two posters](#) that encourage them to learn the signs of alcohol misuse and seek help early if they are worried about their drinking habits. By getting help before a DUI or alcohol-related incident, they can get treatment and return to duty faster.

Share these posters and the information below with Service members to help them stay in control.



## DON'T IGNORE THESE SIGNS OF RISKY ALCOHOL USE:

- 1 You often end up drinking more than you meant to.
- 2 You spend a lot of time drinking or are often sick from drinking.
- 3 You take risks like driving drunk or buzzed, or having unprotected sex after drinking.
- 4 You feel nauseous or shaky once the effects of alcohol start to wear off.
- 5 Your drinking or the effects of alcohol get in the way of your work or relationships with friends and family.

Find ways to [get help](#).

[Share](#) how you use our materials to promote responsible drinking on your installation.

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