

GUIDE TO RESPONSIBLE DRINKING

MAY 2019



KEEPING YOUR SUMMER DRINKING IN CHECK

It's that time of year again - long summer days filled with activities like swimming, boating and biking. Sadly, when alcohol is involved, some of these activities become risky and may have serious consequences. If Service members choose to drink this summer, encourage them to keep these five tips in mind:



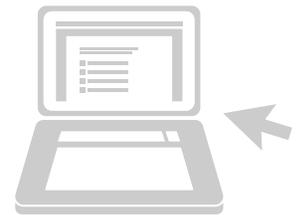
- **Hydrate.** Alcohol and warm weather can cause dehydration. How? We all know alcohol makes you go to the bathroom and warm weather makes you sweat. The combination of the two means you're losing water left and right. Drink water throughout the day and while you drink alcohol (alternate every alcoholic beverage with water).
- **Know the warning signs.** Your body can only break down one [standard drink](#) per hour. Drinking more than that too quickly results in sweating, nausea and/or dizziness. Don't mistake these signs for just being overheated from the sun. Consider switching to something non-alcoholic and getting out of the sun for a bit.
- **Make a plan to get home safely.** Just because it's light out doesn't mean it's okay to drive buzzed. Even scootering or biking drunk is dangerous and illegal in some states. If you know you're going to have even just one drink, plan a designated driver or use a rideshare app.

- **Be a good buddy.** When you host a party, offer alcohol-free options, avoid overserving alcohol and don't allow guests to drink and drive. You may be surprised how much fun you can have even with setting limits.
- **Drink in moderation.** Regularly stumbling out of the party isn't the only warning sign of drinking habits that might be getting out of hand. Anyone can misuse alcohol - a Service member, spouse, friend or even yourself. [Check your drinking habits](#) and commit to drinking responsibly this summer.

Drinking in the summer may create different challenges, so remind Service members to stay safe by using these tips!

CAMPAIGN UPDATES:

Keep an eye out for a new DoD responsible drinking campaign coming soon! We're launching something new, but our mission - to educate U.S. Service members on drinking responsibly - remains the same. We look forward to sharing our new look with you!



HEY GUYS! JUNE IS MEN'S HEALTH MONTH

Moderate drinking for men is defined as no more than two drinks a day. Talk to Service members about how drinking more than this could affect their sex life and muscle growth. Encourage them to check out these four ways [men will benefit from drinking responsibly](#) this summer.

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