

## KNOW YOUR LIMITS (note: none of these will help if you really over do it!)

### PREVENTION

- Line your stomach before you go out – eat carbohydrates (pasta) or a higher fat meal (sausages) or drink a pint of milk. This helps line your stomach and helps to reduce the alcohol absorption.
- Drink water between each alcoholic drink and always before you go to sleep. This will help prevent you becoming dehydrated.
- Drinks that are lighter in colour (white wine, vodka, gin etc) contain less congeners than dark colour drinks (red wine, whiskey, dark rum). They will still give you a hangover if you drink too much, but it shouldn't be as rough.
- Avoid fizzy mixers as they speed up the rate of alcohol absorption so vodka and apple juice is better than vodka and coke.
- Avoid mixing drinks, pick your tipples and stick to it. Make sure you know what you are drinking and that no one has had the opportunity to spike it or add something a little stronger.
- Drink with mates and look out for each other. If someone is over doing it take charge and knock back your drinking and make sure you're all OK.
- Have some snacks, if you are on a budget it's a good idea to have a bar of something in your bag or jacket to eat on the way home. Try to avoid heading to the local fast-food outlet at the end of the night, these places are most likely to 'kick off' as alcohol fuelled hunger exacerbates violent behaviour.
- Pace yourself, you're meant to be having fun. The NHS recommends that you have no more than 14 units of alcohol per week spread over at least 3 days. It takes about 1 hour for your body to break down one unit of alcohol.

### TREATMENT

- Have a good breakfast such as eggs (which contain Taurine) with or without a fry up.
- Drink lots of tea, fruit tea and if needed an isotonic drink or an over-the-counter remedy to replace lost sugars and salts.
- Go for a walk. The fresh air and light will release endorphins to give your mental a kick start.
- Don't drink any more alcohol!
- Have a cool shower (heat can make you nauseous), but only if you don't feel dizzy, otherwise get some more sleep.
- If you feel really bad then seek medical help.