

Watch your **BAC**.

Before you attend a party or gathering:

THINK about how you will pace yourself - like alternating drinks with water or soda,

PLAN to keep track of how many alcoholic drinks you are consuming,

ACT by eating before and during your drinking,

and learn how alcohol may affect your Blood Alcohol Content (BAC).

Remember, it is illegal for anyone under 21 to possess or consume alcohol.



knowDRINKING.net

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