

Your Friends  
11 Hours ago



Think Before You Drink

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](https://www.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**

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