SAFER USING TIPS
•Alternate with water
• Keep track of how much you are drinking
• Be aware! Never leave your drink unattended
• Always order and pour your own drinks
• It’s a good idea to measure your drinks so you can keep track more easily
• Check the label on your drink- it may contain more than 1x standard drink
• Be aware of factors that may affect your tolerance (eg. other drugs incl. prescription medications, menstrual cycle etc.)
• Stress can make you more susceptible to alcohol
• Be aware of how alcohol affects your mood

DRUG COMBINATIONS
Possible outcomes. What works for one person may not work for another. We recommend you proceed with caution.

DANGEROUS
•Ketamine- nausea, vomiting, blackouts
•MXE- High risk of memory loss, vomiting, severe ataxia
•GHB- Particularly risky combination. Can easily result in an overdose leading to loss of consciousness, nausea and vomiting.
•Opioids- Both substances potentiate the ataxia & sedation caused by the other and can lead to unexpected loss of consciousness
•Tramadol- Heavy CNS depressants, risk of seizures
•Benzos- Intensifies the effects of alcohol and can lead to black-outs. Not recommended - it can be hard to gauge your limits

UNSAFE
•Cocaine- Forms coca-ethylene in the body which is more harmful than the individual substances & creates a higher chance of dependency. Also may appear less drunk than you actually are
•MAOIs- Tyramine found in many alcoholic beverages can have dangerous reactions with MAOIs, causing an increase in blood pressure

CAUTION
•Stimulants- may be able to drink more but may increase risk of alcohol poisoning
•MDMA- Both MDMA and alcohol cause dehydration
•SSRIs- Alcohol may potentiate some of the pharmacologic effects of CNS-active agents

LONG TERM EFFECTS:
• Cirrhosis of the liver
• Cancer (mouth, pharynx, larynx, oesophagus, stomach)
• Heart and blood problems incl. stroke and hyper tension
• Alcohol dependence
• Stomach problems
• Lowered immune system
• Nerve problems (arms and legs)
• Alcohol related brain injury
• Problems with family, friends, work, finances etc.

MORE INFO
This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

www.erowid.org   www.dancesafe.org
www.nuaa.org.au

This Alcohol resource is produced by DanceWize©, a program of Harm Reduction Victoria (HRVic)

www.hrvic.org.au
whereas spirits can have up to 40-50%. Alcohol is a natural product of fermenting sugars. Beer is usually made from grains such as barley, wheat and rice; cider is made from apples, pears and other fruits; wine is made from grapes; and spirits are usually made from grains or fruits, but can also be made from plants.

In Australia, the legal age for drinking and buying alcohol is 18 years old.

**DOSAGE TIPS**

*Taking drugs is never without risk.*

Mentioned doses are based on the information available to DanceWize© at the time of print and we can not give any guarantee of safety as the effects can vary greatly from one person to another.

As with other drugs, tolerance can vary greatly from one person to another, based on body weight, age, recent meals, general health, how often you drink and how well your liver functions. Tolerance also plays apart in how quickly you get drunk.

- Always pour or order your own drink so you can keep track of what you are drinking. Drink spiking IS a real ‘thing’
- Use a nip-pourer if drinking spirits to accurately measure out one shot
- Alternate water with each alcoholic drink you have, to prevent dehydration
- Be aware that alcohol can be a volatile (and risky) drug to mix with other drugs; if you are going to take drugs, take extra care to moderate your alcohol intake
- It’s safer not to drink if you are taking antipsychotics, antidepressants, some antibiotics, or other medications
- Try not to mix different types of alcohol as this can make your hangover worse

**ADMINISTRATION**

Swallowed

**DURATION**

Total duration: 1.5 – 3 hours
Onset: 15-30 minutes

**Peak:** 15-90 minutes
**Coming down:** 45-60 minutes
**Hangover/after effects:** 1-36 hours depending on dosage

**HALF LIFE:**

Alcohol does not have a ‘half life’ like other drugs and passes rapidly through your system. Alcohol is metabolized at a constant rate, but some people may feel the effects of alcohol for longer amounts of time. After excessive alcohol consumption you may find that your BAC (blood alcohol concentration) is still over the legal limit several hours after you have ceased drinking. BAC refers to the amount of alcohol in your blood in relation to the amount of water in your blood.

**BLOOD ALCOHOL CONCENTRATION (BAC):**

The standard rule for maintaining a legal BAC level is:

For males: 2x standard drinks in the first hour and 1x drink every 1.5 hours later.
For females: 1x standard drink in the first hour and 1x drink every 1.5 hours later.

Factors that affect your BAC are:
- How fast and how much alcohol you drink
- Individual metabolism
- Body weight
- Food- if there is food in your stomach it takes longer for your body to process alcohol
- Carbonated drinks are absorbed quicker than non
- Warm alcohol is absorbed quicker than cold alcohol
- Women absorb alcohol quicker and reach a higher BAC than men because they have a higher body fat content
- Regular drinkers are more tolerant to the effects of alcohol so even though they may not feel drunk, their BAC will still be the same as non regular drinkers
- Women supposedly have higher BAC’s at different times of the month and birth control pills can cause women to get drunk faster

**ROADSIDE DRUG TEST:**

Alcohol is detectable by roadside breath test, which measures the amount of alcohol in your breath. A breath test reading of 0.05 or higher is considered drink driving for fully licensed drivers in VIC (different limits apply for other license types e.g. probationary or heavy vehicle).

**DETECTION:**

*Breath:* 24 hours
*Urine:* 12-48 hours
*Hair:* Up to 90 days

**STREET NAMES**

Booze, grog, piss, brew, charge, shots, flagon, goon, tallie, longneck, plonk, moonshine, etc.

**CHEMICAL COMPOUND**

Ethyl alcohol (ethanol)

**EFFECTS**

The following is a list of possible effects, which may vary from person to person.

**Physical**
- Giddiness, dizziness
- Dehydration
- Analgesia (dulls pain)
- Slurred speech
- Flushed skin
- Drowsiness, sleepiness
- Difficulty focusing eyes
- Physical tolerance due to repeated use
- Decreased coordination
- Nausea, vomiting (vomiting while unconscious can be fatal)
- Reduced impulse control
- Reduced ability to attain/maintain erection in most males
- Increased difficulty in reaching orgasm in some females
- Frequent urination
- Confusion
- Blackouts and memory loss at high doses
- Coma and death at extreme doses
- Brain and liver damage (hepatitis & cirrhosis) with heavy use
- Mild to severe hangover after heavy use
- Foetal damage in pregnant women at high dose or frequency

**Emotional**
- Elevated mood