

ALCOHOL & OTHER DRUG REMINDERS



HOW CAN YOU STAY SAFE ABROAD?



Many aspects of alcohol and drug use are different in other countries, including laws, norms, available substances, and regulation. Researching these will help you make safer choices if using substances abroad.



Know Drinking & Drug laws

Every country has a different legal drinking age, different legal substances, and different consequences of use. Make sure you know all relevant alcohol and drug laws in the country you're traveling to.



Understand the norms

Outside of laws, every country also has different drinking norms. It might be normal to drink during the day, or it may be extremely unusual. Do some research around alcohol norms, so you don't offend or disrespect any customs.



Know what you're drinking

Alcohol content in drinks varies in different countries. Pay attention to and track each drink so you know how much alcohol you consume. Avoid unlabeled and unregulated alcohol sold by vendors, as these may have dangerous ingredients and levels of alcohol in them.



Call for help if you see any ABCDs of an Alcohol or Drug Emergency

A: Alert

Someone is passed out or will not wake up

B: Breathing

Someone is breathing slowly, irregularly, or not at all

C: Cold & Color

Skin feels cold, or looks blue, green, or purple around mouth or hands

D: Doubt

You're unsure if someone is okay, or unsure of what or how much they took



Identify sober organizations

If you're in recovery, sober curious, or just trying to reduce use, there are groups out there who want to help! Research some organizations or groups you can join to support your goals. Don't forget to check for online and app communities as well!



Know How to Call for Help

Make sure you know how to call for emergency services, and have a plan for seeking help if needed. Preprogram emergency numbers, peer numbers, and program contact numbers into your phone for quick access.



Identify sober activities

Going abroad looks different for everyone, and there are plenty of ways to engage without using substances. You or others around you may not want to drink or use drugs - Identify friends and activities that you can do to have fun and make connections