The UCI Center for Student Wellness & Health Promotion promotes safe practices, responsibility and awareness around alcohol consumption.

A professional health educator can talk to you about:

- Alcohol basics — short and long term effects of alcohol, how to calculate BAC, what is a standard drink
- How to party safe — the importance of having a plan when you go out, strategies on how to reduce high-risk drinking
- Effects of alcohol use on academic performance
- Alcohol poisoning — signs and symptoms, what to do in an emergency

For more information, contact Margaret Valle, Alcohol and Other Drug Programs Manager (949) 824-9355 m.valle@uci.edu

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**Cost of a DUI?**

**Hint: You can’t afford it.**

Everyone knows that driving under the influence is dangerous, irresponsible, and illegal. But, here’s something else that doesn’t always get talked about — DUI convictions are incredibly expensive. *Drunk driving is never worth the risk.*

**Let’s look at a modest estimate…**

- Bail $150 - $2,500
- Towing and Impound $100 - $1,200
- Higher Insurance Premiums $4,500 - $10,000
- Defense Attorney $2,500 - $5,000
- Court Fines $150 - $1,800
- Alcohol Treatment/Education $1,000 - $2,500
- Licensing Fees $150
- Jail Fee $10 - $50
- Jail Time $330
- Sentencing $250
- Chemical Testing Fee $90
- Probation Supervision $600 - $1,200
- Ignition Interlock Device $500 - $1,500
- License Reinstatement $21 - $100
- Alternate Transportation $100 - $1,000

**Minimum Total:** $13,000 - $28,000

**Choose your ride.**

Drink. Drive. Go to Jail.
**Party Safe!**

**Tips for Staying Safe at College Parties**

- Learn how to have a fun time without drinking.
- Don’t get into a car with an intoxicated driver.
- If you’ll be drinking alcohol, know your limit.
- Don’t drive while intoxicated.
- Pick a designated driver ahead of time.
- Always pour your own drinks.
- If a party gets too crazy—leave!
- Hold your cup to ensure no one adds anything.
- Don’t walk home alone.
- Stick with your friends.

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**Undergraduate Alcohol policy**

**Students under 21 years of age are not permitted to purchase, possess, or consume alcoholic beverages.**

**What if this UC Irvine policy is violated?**

When a student is found in violation of University policies, any of the following types of disciplinary action may be imposed:

- A hold on your academic records
- Delays in transcripts, grades, class registration
- Loss of undergraduate housing
- Revocation of awarding a degree
- Loss of privileges and exclusion from activities
- Restitution
- Academic suspension
- Expulsion

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**Take Immediate Action**

1. **If signs of alcohol poisoning exist, CALL 911.** Hesitating can mean life or death.

2. **Try to Wake the Person.** Call their name. Slap their face or pinch their skin.

3. **Check the Person’s Breathing.** Evaluate if the person has slow or irregular breathing; 10 seconds or more between breaths or fewer than 8 breaths per minute.

4. **Do Not Leave the Person Alone.** It’s important to stay with a person who’s extremely drunk or barely conscious. Continue to monitor breathing and responsiveness. Ensure they don’t choke on their own vomit.

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**Signs of Alcohol Poisoning**

- Mental confusion, stupor, inability to be awoken
- No response to pinching of the skin
- Vomiting while sleeping
- Irregular or slow breathing
- Cold, clammy, unusually pale or bluish skin

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**Shocking facts about underage drinking**

- Alcohol is linked to as many as 2/3 of all sexual assaults and date rapes of college students.
- Underage drinking is the leading cause of deaths among teens.
- Repeated binge drinking can cause long-term brain damage.
- One episode of binge drinking can cause death.

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**Students on college campuses KILL THEMSELVES EVERY YEAR FROM OVERDOSE OF ALCOHOL**

**IN PARTICULAR WHERE THE LOCAL CULTURE SEEMS TO DEMAND DRINKING.**

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**JASON CONSUMED SEVERAL PITCHERS OF MARGARITAS, DRANK AS MANY AS 12 BEERS, WENT TO SLEEP, BUT NEVER WOKE UP.**