Drink Responsibly
This Halloween and Le-Laf season, if you choose to drink, please celebrate responsibly, be safe and remember to look out for your friends by:
- Pacing your drinks to one or fewer per hour;
- Alternating non-alcoholic with alcoholic beverages; and
- Letting a friend know when they've had enough.

Alcohol poisoning can be fatal. If someone is displaying these signs of overdose, call LUPD at 610-758-4200 or dial 9-1-1.

Alcohol by the Numbers
1238 Lehigh students have not consumed alcohol in the past two weeks
1 out of 2 Lehigh students who drank alcohol had an estimated BAC below 0.08 the last time they partied
78% of Lehigh students keep track of how many drinks they are consuming.

Party Positive
Pre-Gaming and Drinking Games rapidly elevate Blood Alcohol Content (BAC) to dangerous levels
Average 130 lb. Woman
- After a bottle kill with two friends (~6 drinks): BAC = 0.20
- After a power-hour with beer (~7.5 drinks): BAC = 0.27

Average 170 lb. Man
- After a bottle kill with two friends (~6 drinks): BAC = 0.12
- After a power-hour with beer (~7.5 drinks): BAC = 0.17

BAC levels are different for everyone. Don’t compare your BAC or level of impairment per drink to someone else’s; theirs may be very different than yours due to gender, body weight, etc.

Be party positive. Know how much you are consuming.

POLL: “The Optimal Buzz”
If you’re looking to enjoy a buzz from alcohol without having to deal with the negative stuff like a hangover, what is the optimal blood alcohol content (BAC)?

Text a CODE below to 22333.

- a) .02 text CODE: 608400
- b) .05 text CODE: 608401
- c) .08 text CODE: 608402
- d) .11 text CODE: 608403
- e) .14 text CODE: 608404

*Standard messaging rates apply. Answers are anonymous. Results will be posted in the Dec/Jan InSTALLment.

Lehigh Is Not Immune. Flu Season Ahead.
Symptoms include fever, cough, sore throat, running or stuffy nose, headache, muscle aches and extreme fatigue.
There are several ways to reduce your risk of getting the flu:
1. Get your flu vaccination!
2. Cover your mouth and nose when you cough or sneeze
3. Practice good hygiene and hand washing
4. If you feel sick, STAY AT HOME, if possible, and get rest

For more information go to www.cdc.gov/flu or call the Lehigh Health and Wellness Center at 610-758-3870.

16% of Lehigh students reported that a cold, flu or sore throat negatively affected their academic performance in 2014.

Lehigh University InSTALLments are published by the Health Advancement & Prevention Strategies Office, Division of Student Affairs. Send your comments to inhaps@lehigh.edu.