

# YOUR ACTIONS WITH ALCOHOL MATTER



**KNOW YOUR LIMIT & STICK TO IT**



**EAT A MEAL, PACE YOURSELF & STAY HYDRATED**



**PLAN YOUR RIDE HOME AHEAD OF TIME**



**DON'T MIX ALCOHOL WITH MEDICATIONS**



**OWN YOUR LIMITS**  
SERVE HONORABLY.  
DRINK RESPONSIBLY.

[www.ownyourlimits.org](http://www.ownyourlimits.org)



U.S. Department of Defense