

IT HAPPENS

A GUIDE TO GOING OUT SAFELY

Drink tampering affects college students more often than people realize.

USE A DRINK COVER

ILLUSTRATION BY KATE MANN

IT CAN HAPPEN ANYWHERE

- Bars, parties, clubs, even house hangs.
- Sprinking happens fast and often silently.
- Symptoms can hit within minutes

IN A SPLASH

TRUST YOUR GUT

- Weird taste, smell, or fizz.
- Friend suddenly way too drunk.
- Dizziness, nausea, blurred vision.
- Unexplained spills or hovering.

KEEP EYES ON IT

- Watch it being made.
- NEVER leave it unattended.
- Use a drink cover or your hand in crowds.
- Ditch and replace if unsure.

STRONGER TOGETHER

- Stick with trusted friends.
- Do not leave anyone alone.
- Speak up if something feels off.
- Have a get-home plan.

SAY SOMETHING. DO SOMETHING.

- Tell someone you trust.
- Stop drinking. Save the glass.
- Get to a safe place.
- Call 911 or security.