Drink in moderation. Keep track of how much alcohol you are consuming, and skip the drinking games. A standard drink is defined as 12 ounces of beer, 5 ounces of wine or 1.5 ounces of liquor.

Know your body. The amount of alcohol you can handle depends on your age, weight, sex and how you feel at the time.

Do not drink on an empty stomach. Have food and water before and while drinking alcohol.

Never drive under the influence of alcohol or get into a car being driven by someone who is.

Have a designated driver or plan an alternative way home, such as an Uber/Lyft or public transit.

Take the night off from drinking. If you know you have to drive home, make the choice to stay sober.

Never serve alcohol to individuals under age 21.

Store your alcohol in a safe place, locked and inaccessible to minors.

Supervise parties and other gatherings to reduce the chances of underage drinking and other risky behaviors from taking place.

Some people should not drink alcohol at all, including those who are under age 21, are pregnant, have certain medical conditions or are recovering from alcohol use disorder.