

Drink Responsibly This Holiday Season

Many people use the holiday season as an excuse to drink alcohol in excess. When combined with driving, the results can be deadly. About 45 percent of all fatalities during the holiday season occur in crashes where at least one of the involved drivers is impaired by alcohol consumption.¹

You can do your part to make roadways safer this holiday season by being a responsible party host:²

- Offer a variety of non-alcoholic beverages.
- Don't let guests mix their own drinks.
- Never serve alcohol to those under the legal drinking age of 21.
- Prepare plenty of food so guests will not drink on empty stomachs.
- Avoid too many salty snacks, which tend to make people thirsty and drink more.

Above all, never drink and drive. Designate a non-drinking driver, take a cab or public transportation. It could save your or someone else's life!

Sources:

1 "Traffic Safety Facts." *National Highway Traffic Safety Administration*. December 2004. <http://www.nhtsa.dot.gov/people/injury/alcohol/StopImpaired/809_824/index.htm>.

2 "Tie One On For Safety." *MADD*. December 2002. <<http://www.madd.org/news/5637>>.



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