

# Ways to Play It Safe *with Alcohol* This Holiday Season

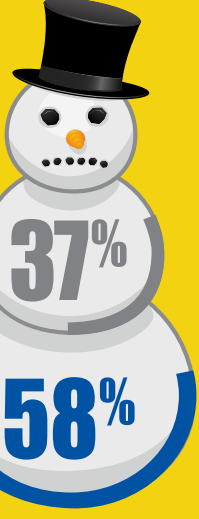
The weeks around Christmas and New Year's are a special time of year full of celebration and cheer. But don't drive yourself or anybody else into trouble by letting alcohol get behind the wheel.



## SOME SOBERING STATS

Highway Deaths Associated with Alcohol

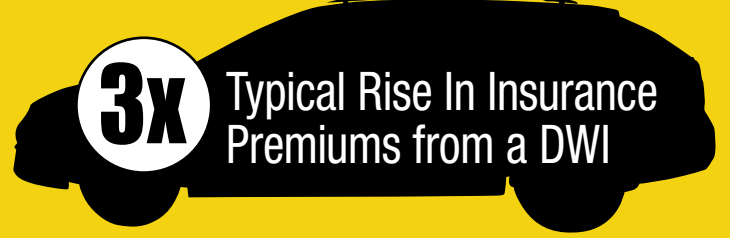
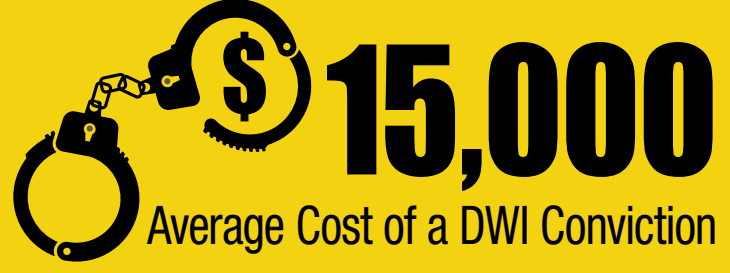
Christmas



New Year's



Age Group Most Likely to Drive Drunk



## WHAT YOU SHOULD KNOW

### BAC

Blood Alcohol Concentration, the Percentage of Alcohol in a Person's Bloodstream



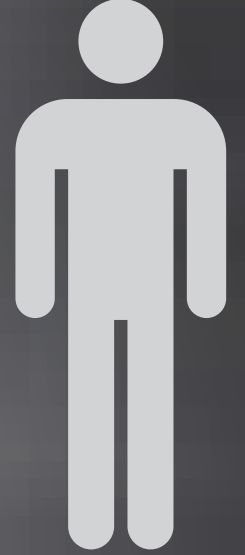
### How Much is *Too Much*?

Drinks in one hour to reach .08 BAC

FEMALE  
140 lbs.  
3 Drinks

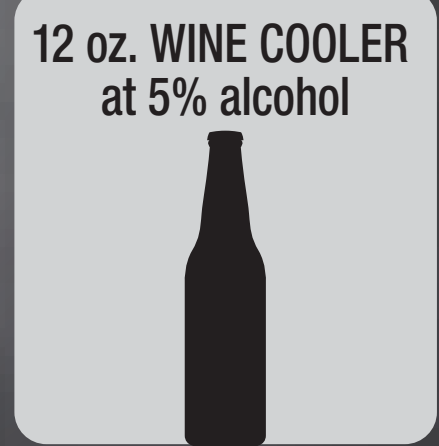
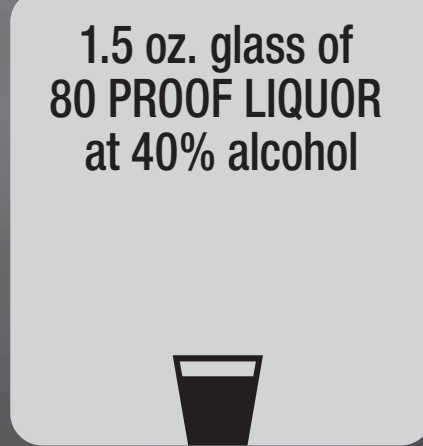


MALE  
170 lbs.  
4 Drinks



Your body metabolizes about one drink per hour, so forget the coffee or cold shower. Only time can make you sober!

A Drink is a Drink is a Drink... Each contains the same amount of alcohol:



## A FEW CELEBRATION SAFETY TIPS FOR THE ROAD



### Ask a Friend to be a Designated Driver.

It's free, you still get to have a few drinks, and it's your turn next time!



### Call a Cab, Uber or Ride Share.

You get to sleep in your own bed and there's no risk of DWI.



### Go Alcohol Free.

Get yourself a "mocktail" or a non-alcoholic beer and watch all the holiday antics in a whole new light!



### Pace Yourself.

No more than one drink per hour with plenty of water in between.



### And Above All, Be Responsible.

Never drive when you've had too much to drink. And if it's your party, it's your duty. Don't ever allow an intoxicated guest to drive home.

PLEASE DON'T DRINK AND DRIVE!

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From all of us at Martin, Harding and Mazzotti,  
best wishes for a safe holiday season and  
a happy, healthy year ahead.

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