Drink Smart
Don’t Drink & Drive
Drinking responsibly is simple: if you drink, don’t drive. Your safety, and the safety of others on the road, depends on your good judgment.

If you choose to drink:
- Designate a driver who agrees not to drink and is responsible to drive you and other partygoers home.
- Use the one-one rule: have no more than one standard drink per hour. A standard drink is: one 12-ounce beer, one 5-ounce glass of wine or one mixed drink with 1.5 ounces of liquor. Remember, personal tolerances vary, so it’s up to you to know your limit.
- Don’t mix prescription drugs or over-the-counter remedies, such as cold medications, with alcohol. Follow the directions and warning labels of all medications carefully.