



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.

playing it safe

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