

We all need at least 2 days a week without alcohol.



Night out?

Stay safe this Christmas and New Year!



TOP TIPS for responsible drinking!

- Pace yourself – have a soft drink after every alcoholic drink
- Eat before you go out and have snacks while out
- Choose drinks which contain fewer units
- Know your limits!

What's a unit?

A **unit** equals 10ml of pure alcohol. That's how much the body can safely get rid of in an hour.

Alcohol comes in different measures and different strengths. By learning about units of alcohol you'll get a picture of when and what you drink and work out if you are drinking within the sensible limits.

Sensible limits

Men: No more than 3-4 units a day and no more than 21 units in one week

Women: No more than 2-3 units a day and no more than 14 units in one week.

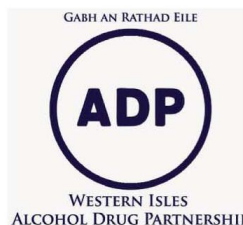
Remember ... only the passage of time can sober you up as alcohol needs to be processed by the liver at a rate of one unit per hour.

This means the body takes two hours to deal with one pint of beer – or even longer if it is a stronger beer. Black coffee, cold showers and "hair of the dog" cannot sober you up. These are all myths.

Our message is quite simple – don't drink and drive.

Did you know...if a person drinks 6 pints of beer at 5% abv between 9pm and midnight the earliest time they could expect to have got rid of all the alcohol from their bloodstream would be 3.30pm the following day. This is particularly important to bear in mind if you are considering driving the day after you have been drinking.

Alcoholic drink has special dangers in winter. It is very risky to drink alcohol if you are cold because it will make you even colder. Alcohol widens the blood vessels nearest to the skin, allowing more heat to be lost from the body surface. In extreme cases this means a heightened risk of hypothermia.



Don't drink and drive – plan your nights out!

- Arrange to take turns at being a nominated driver
- Use public transport or taxis
- Book taxis in advance and keep separate taxi money
- Have alcohol-free drinks at home for driving guests
- Arrange transport for drink-impaired drivers
- Never force alcohol on someone who is planning to drive
- Never accept a ride home from a driver who's been drinking
- Remember accidents happen on short journeys too
- Leave your car and keys at home to avoid temptation later on
- Finally.....

Always make sure your friends get home safely

Essential safety information

Never leave a drunk person on their own, especially if they appear to be sleepy. If you can't wake them: Get help or dial 999 for the emergency services. Don't worry about getting into trouble it's more important to get help. Turn the person on to their side (recovery position) so that if they are sick, they won't choke. Keep them warm and stay with them until help arrives.

If you would like information and advice, please contact:

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