



Summer safety guide

**Your guide to summer safety
in the Outer Hebrides**

Drink sensibly

- Eat a proper meal before a night out.
- Have at least one soft drink for every alcoholic drink you take.
- Pace yourself – don't let drinking too much spoil your own and your friends' night out!

Safer sex

- Free contraceptives are available from GP Surgeries, Hospitals and Health Promotion Departments.
- Emergency contraception can be purchased at your local pharmacy, or is free of charge on prescription from GP Surgeries and local Emergency Departments.

Stay safe

- Look after yourself and your friends and never leave someone alone if they are drunk.
- Always plan your trip home and make sure your friends get home safe.
- Never leave your drinks unattended; remember even soft drinks can be spiked.

Alcohol in the sun

- Hydrate yourself - drink water. Summer days mean hanging out in the sun and nothing can ruin your summer experience faster than a case of heatstroke.
- Drink lots of water and drink alcohol sensibly.

Know the score

- It takes over 1 hour for your body to get rid of each unit of alcohol, but it can take much longer so you may still be over the limit the following morning.
- Don't risk drink driving - remember even a small amount can affect your ability to drive safely.

Legal Highs

- Just because a drug is legal, it doesn't mean it's safe. You never know the risks you are taking.
- Driving while under the influence of drugs, including 'legal highs' is illegal – and you could still be unfit to drive the day after using.