



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Deutsch & Associates, LLC

Drinking responsibly is simple: If you drive, do not drink; if you drink, do not drive.

HOLIDAY SAFETY:

DON'T DRINK & DRIVE

Someone dies in an alcohol-related traffic accident every 45 minutes in the United States. A startling statistic, this problem is compounded during the holiday season when more drivers are on the roads and alcohol is frequently included in the festivities.

Designate a Driver

The safest choice when driving is not to drink at all. If you plan to drink, have a designated driver who agrees to not drink and is responsible for driving you and others home.

How Much is Too Much

If you choose to drink responsibly, how do you know if you are overdoing it? Use the simple one-to-one rule: have one standard drink per hour. A standard drink is defined as one of the following:

- One 12-ounce beer
- One 5-ounce glass of wine
- One mixed drink with 1.5 ounces of liquor

Remember, personal tolerances vary, so it is up to you to know your safe limit and stick to it.

Be a Good Host

If hosting a party, you do not need to serve

alcohol to make your party merry. From sparkling punches to mulled cider, there are many festive, non-alcoholic beverages to offer your guests. If serving alcohol, always measure the amount of alcohol mixed into drinks and punches so guests can gauge how much they are consuming. In addition, stop serving alcohol at least one hour before the party ends.

If someone overindulges, it is your responsibility as the host to keep them from driving. Arrange for a ride with a safe driver, or offer them a place to stay. In addition, remember that black coffee, a cold shower or fresh air may make a person feel more awake, but it will not help him or her overcome the effects of alcohol. Time is the only way to sober up.

Don't Mix

Prescription drugs or over-the-counter remedies, such as cold medications, when combined with drinking may affect your driving. Follow the directions and warning labels of all medications carefully.