



## HOSTING SAFE PARTIES

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As a host, it is up to you to ensure that your guests make it home safely when your party ends.

1. Make sure that drinking is not the principal activity. Plan games or other activities to get everyone socializing without drinking.
2. Ask your guests to leave their keys at the door. Don't return the keys unless you feel it is safe to do so.
3. Name designated drivers and decide in advance who will stay sober and drive drinking guests home.
4. Serve high protein food that stays in the stomach longer and slows the rate at which the body absorbs alcohol.
5. Use non-carbonated mixers because carbonated mixers speed the absorption of alcohol into the body.
6. Serve non-alcoholic drinks for guests who want them. Encourage guests who are drinking alcohol to alternate alcoholic beverages with non-alcoholic beverages.
7. Measure every drink. Guests are less likely to drink to excess if they can accurately keep track of the amount they have had to drink. Use a measurer to pour drinks. Standard alcoholic beverages are 1 oz. of alcohol to a minimum of 6 oz. of mix. Short pouring a drink by 1/4 of an oz. will not affect the taste, but will reduce the amount of alcohol your guest is consuming at your party.
8. If a guest does drink too much, take control and offer them food and non-alcoholic beverages. If you have any doubt about their safety, don't let them drive. Offer them a place to stay to "sleep it off". Remember, as the host, you may be held legally liable for the damages caused by an impaired driver who over indulged at your party.

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## **Make the smart choice. Don't drink and drive.**

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If you have any suggestions on traffic safety issues that are of interest to you and your community, or for more information, contact:

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