



Don't be a "Party Crasher"

December is the year's most deadly and dangerous month due to alcohol-related crashes. And since the late 1990's, alcohol-related driving deaths have steadily increased.

Just a couple of drinks can impair your driving – "buzzed" driving is drunk driving, too.

When celebrating the holidays, heed these simple precautions:

- Plan ahead and always designate a sober driver before the party begins
- Don't even think about getting behind the wheel of your vehicle if you've been drinking
- If you are impaired, call a taxi, use mass transit or get a sober friend or family member to come and get you
- Stay where you are and sleep it off until you are sober
- Take the keys and never let a friend drive while impaired
- If you are hosting a holiday party, remind your guests to designate their sober driver, always offer alcohol-free beverages and make sure all of your guests leave with a sober driver

Source: The National Highway Traffic Safety Administration (NHTSA)



December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

With careful holiday planning, you can be the life of the party and help save lives, too. Need additional advice? Get it through the Personal Health Manager's *Ask A Life Coach* feature that's available to you through Blue Access® for Members.

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