

# TAKE ACTION

to prevent alcohol-related injuries



## Don't let alcohol ruin your fun!

Albertans like to have a good time. Often the fun involves alcohol. But alcohol can also ruin your fun.

Even a small amount of alcohol affects your judgment. You may take risks you normally wouldn't. Risky actions lead to injuries. Falls, fires, motor vehicle collisions and drownings often involve alcohol.

You can make sure your "good times" are all safe times by controlling when you drink and how much you drink.

Here are some ideas on how to prevent injuries caused by alcohol.

## Quick Facts

- When you drink, you are more likely to be injured. You are also more likely to be seriously injured or killed.
- 80% of Albertans drink alcohol. Many young Albertans start drinking regularly when they are about 15 years old. This is also when most people learn to drive.

## The next time you go to a party:

- Plan ahead how you will get home.
  - Never drive if you have been drinking. It is impossible to guess if you are OK to drive by counting the number of drinks you had. Don't use a pocket alcohol breath tester – just because you are under 0.08 does not mean you are OK to drive.
  - Take the number of a local cab company or free ride service with you.
  - Only use a designated driver if you are sure that person will not be drinking. Have a back-up plan in case they do drink.
  - Can you stay overnight? If the party is at a friend's house or a hotel, decide if you would rather stay the night than go home.
- Know what you will be doing.
  - Do not drink if you will be boating or swimming. Alcohol causes your body to lose heat faster if you fall into the water. It is also illegal to operate a boat while impaired by alcohol.
  - Never ride a snowmobile, motorcycle, or ATV after you have been drinking. It is unsafe and illegal.
  - If you are supervising children, you need to stay sober.
- Eat!
  - Eat something high in protein, like appetizers or a meal. Avoid salty foods like potato chips. They will only make you thirsty.
- Sit out a round.
  - Make every second drink a non-alcoholic drink like pop, water, or juice.
  - Don't feel forced to finish a drink someone brought you without asking.

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## When alcohol becomes a problem.

All kinds of people have problems with alcohol. You know you have an alcohol problem if you continue to drink even though it is causing problems in your life.

## Some signs that alcohol may be a problem:

- You do things when you are drinking that put yourself and others in danger. This includes drinking and driving.
- You often miss work or school because you are drunk or hung over.
- You can't remember things you did when you were drinking.
- You are having trouble in your relationships.
- You are depressed. You drink to help you feel better.

## Where to go for help.


You can get help for your alcohol problems. Getting help early will prevent them from getting worse. Here's how you can start:

- Talk to a good friend.
- Talk to a doctor.
- Talk to a counselor, a pastor, or a psychologist.
- Call AADAC. They have many different types of help for people with different kinds of drinking problems. Call them at 1-866-33AADAC (1-866-332-2322)

### For more information on preventing alcohol-related injury, contact:

Alberta Traffic Safety Initiative: (780) 422-8839 or 310-0000 [www.saferoads.com](http://www.saferoads.com)  
Alberta Alcohol and Drug Abuse Commission: 1-866-33AADAC (1-866-332-2322)  
[www.aadac.com](http://www.aadac.com)

### In your community contact:



**Learn more about injury prevention.** Learn more about how to prevent injuries from affecting you and your family. Call us at *the Alberta Centre for Injury Control & Research*, (780) 492-6019. You can also send us an e-mail at [acicr@ualberta.ca](mailto:acicr@ualberta.ca) or visit our website at [www.acicr.ualberta.ca](http://www.acicr.ualberta.ca).