



CASAC

PREVENTION
WORKS

Building a safe and healthy environment
by effectively educating the community
on positive life choices.

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How to Celebrate Safely This Season

December is National Impaired Driving Prevention Month and with the holidays coming and plenty of merry-making at holiday gatherings, it is important to know how to prevent tragic situations from happening involving those who are under the influence.

Prevention is key when it comes to drunk driving and drugged driving. Following these easy steps, you can enjoy a safe and festive holiday without jeopardizing your life and the lives of others who may be on the road:

1. Before any holiday party or celebration begins, designate a non-drinking driver.
2. Do not let a friend or family member drive if they are impaired. To be proactive, it may be worth it to collect keys when individuals enter a holiday party.
3. If you are hosting a holiday party, be sure to provide plenty of non-alcoholic beverages.
4. As guests leave, make sure that they are leaving with a sober driver.

Why does Chautauqua Alcohol & Substance Abuse Council recognize National Impaired Driving Prevention Month? In an average year, 30 million Americans drive drunk and 10 million Americans drive impaired by illicit drugs. Impaired driving includes distracted driving, drugged driving, and drunk driving.

In 2015, nearly 1.1 million drivers were arrested for driving under the influence of alcohol or narcotics. Drivers need to understand that drugged driving is as dangerous as drunk driving and that driving under the influence of certain prescription medications is considered impaired driving.

Family and friends play an essential part in stopping impaired driving. The holidays are a great time to promote responsible decision-making and encourage others to live a life free of drugs and alcohol. It is the perfect opportunity to raise awareness about the consequences of driving under the influence. Talk about the risks and set clear expectations. If your loved ones know how you feel about this issue, they are more likely to stay safe, sober, and focused on the road.

ABOUT US...Since 1974, Chautauqua Alcohol & Substance Abuse Council (CASAC), a United Way partner agency, has provided prevention education and community awareness regarding alcohol and other drugs. CASAC is the only New York State Office of Alcoholism & Substance Abuse Services (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about CASAC's programs and services, call the Jamestown office at 664-3608, the Dunkirk office at 366-4623, or go to CASAC's website, www.casacweb.org.