



# HOLIDAY STRATEGY FOR STAYING SAFE

One alcohol-related death occurs every 52 minutes, according to the NHTSA. Drunk driving causes more than 10,000 deaths every year, about 1/3 of all traffic-related deaths. In a recent year, more than 230 children were killed in drunk-driving crashes, the NHTSA reports.

- ✓ Remember that it is never okay to drink and drive. Even if you've had only one alcoholic beverage, designate a sober driver or plan to use public transportation or a ride service to get home safely.

Fatigue and stress can elevate during the holidays causing an increase in preventable injuries and collisions. According to the NHTSA in 2019 there were 697 drowsy driver events that resulted in fatalities. NHTSA estimates that in 2017, 91,000 police-reported crashes involved drowsy drivers.

- ✓ Get adequate sleep daily. This is your best way to combat fatigue.
- ✓ Eat well and make healthy choices every meal.
- ✓ Get some level of exercise daily. This could include a walk after dinner or light cardio such as a run.
- ✓ Try to limit caffeinated beverages to stay alert. Take breaks anytime you feel fatigued.
- ✓ We all have stress! Holidays can make it worse. As you find your stress levels becoming higher than normal, be sure you get the support you need to reduce your stress overall. Don't be afraid to seek professional counseling.

By having a solid safety strategy for the holidays, you will prevent having a hazard-day. Be well and stay safe!

## STAY ALIVE! DON'T DRINK AND DRIVE



YOU SNOOZE,  
YOU LOSE.  
DON'T DRIVE DROWSY!