

SUPER BOWL SUNDAY SAFETY TIPS

from the National Highway Traffic Safety Administration

If you are **attending** a Super Bowl party:

- Avoid drinking too much alcohol too fast. Pace yourself - eat, take breaks, alternate with non-alcoholic drinks.
- Designate your sober driver before the party begins and give that person your vehicle keys.
- If impaired, don't even think about getting behind the wheel. Ask a sober friend for a ride home; call a cab, friend or family member to come and get you; or stay where you are and sleep it off until you are sober.
- Remember, *Friends Don't Let Friends Drive Drunk*. Take the keys and never let a friend leave your sight if you think they are about to drive while impaired.

If you are **hosting** a Super Bowl Party:

- Serve lots of food - particularly high-protein dishes - and be sure to include lots of non-alcoholic beverages.
- Stop serving alcohol at the beginning of the third quarter of the game - begin serving coffee and dessert.
- Be sure all of your guests designate their drivers in advance, or help arrange ride-sharing with sober drivers.
- Keep the numbers for local cab companies handy, and take the keys away from anyone who is thinking of driving while impaired.