



# Office of Sheriff County of Ontario

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## TIPS FOR THE HOLIDAYS

Another holiday season is upon us. And while it is time to celebrate and be thankful, as Sheriff Philip Povero of the Ontario County Sheriff's Office reminds us, it is also a time to be careful, especially where parties and alcohol are concerned.

The holiday season is a very festive season. Good food and good "cheer" are a must! But too much "cheery" alcoholic beverages can lead to a tragic alcohol-related traffic accident when the party is over and guests and family drive home.

To make this season safer, Sheriff Povero offers a few tips for holiday get-togethers:

**ALWAYS SERVE FOOD IF YOU SERVE ALCOHOL.** High protein and carbohydrate foods like cheese and meats are especially good. They stay in the stomach longer, which slows the rate at which the body absorbs alcohol.

**SERVE NON-ALCOHOLIC BEVERAGES.** It is important that people have the option not to drink alcohol. Especially encourage "designated drivers" to drink these alternatives.

**DON'T LET PEOPLE MIX THEIR OWN DRINKS.** If you tend bar yourself or hire a professional bartender you can control the amount of alcohol in each mixed drink. Have small glasses for beer, wine or champagne so that if guests want to drink more they will have to make repeated trips to the bar where you can monitor their consumption. Never force drinks on your guests; some may accept your unwanted offer of more alcohol not wishing to appear rude.

**STOP SERVING ALCOHOL ABOUT TWO HOURS BEFORE THE PARTY IS OVER.** This gives the guests time for their bodies to absorb alcohol consumed. Serve coffee, non-alcoholic beverages, and more food.

**IF A GUEST HAS HAD TOO MUCH TO DRINK.** Try to slow his/her drinking by engaging the guest in conversation, offering drinks with little or no alcohol, and serving high protein food. Offer to pay for a cab ride home or have the guest spend the night. "Only time can sober someone up," said the Sheriff. "Coffee and a cold shower are not the answer. An 'awake' drunk is just as dangerous behind the wheel."

**Sheriff Povero asks us to remember that the party is not over until each guest is safely home. This season, have fun and celebrate, but don't forget to be concerned about drunk driving.**