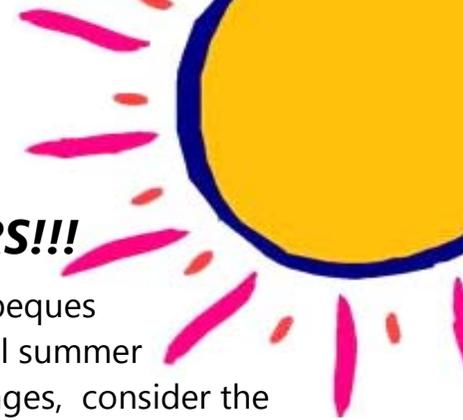


Summer is here!



In NH, that means enjoying the GREAT OUTDOORS!!!

Trips to beaches, parks and campgrounds, boating, waterskiing, and barbecues with friends and family are just a few of the activities you can do in NH all summer long. If your summer plans include the consumption of alcoholic beverages, consider the safety risks of mixing summer fun with any amount of alcohol. A single drink can impact your ability to observe and react; two important skills that are necessary in the event of an emergency.

Weigh the risks and choose responsibly.



Alcohol directly affects the brain. Drinking and swimming (or drinking while supervising children who are swimming) is a potentially deadly combination. According to the CDC, drowning is the second leading cause of death from unintentional injury among Americans ages 1 to 14 and alcohol is involved in 25-50% of water related deaths nationally.



The Coast Guard estimates that boat operators with a blood alcohol concentration above .10 are about 10 times more likely to be killed in a boating accident than boat operators with zero blood alcohol concentration. Nationwide, alcohol is a major factor in approximately 50-70% of all recreational boating fatalities.



If you enjoy hiking, walking, bicycling, or other outdoor physical activities, the combination of alcohol and summer sun can easily lead to dehydration. Symptoms include thirst, weakness, anxiety and even fainting; severe dehydration may induce collapse or even death. If you are under the influence of alcohol, you may remain dangerously unaware of these symptoms.

Help is Available

For confidential help for yourself or someone you know, contact the NH Bureau of Drug & Alcohol Services

800-804-0909

For More Info visit:

