Hello LIVE REAL Mentors,

I hope everyone is enjoying the summer and looking forward to fireworks, sunshine and grilling out for the holiday. To help ensure that everyone has a happy and safe Independence Day, please share the following summer drinking tips with students, colleagues, family and friends:

- It’s going to be a hot one! Keep in mind both alcohol and caffeine are diuretics and can definitely contribute to dehydration and heat exhaustion. If individuals choose to drink, be sure to alternate alcoholic beverages with water (or other non-alcoholic and non-caffeinated beverages) and be cautious about heat-related illnesses.
- As always, if individuals choose to drink, they should plan ahead and monitor their consumption carefully. Know how much it takes to keep your BAC at a .05% or below (check out the BAC calculator before drinking).
- Alcohol and water sports do not mix. Alcohol is involved in up to 80% of boating fatalities, and an estimated 38% of drowning deaths. Heading out on the water? Designate a nondrinking driver, don’t bring alcohol on board, and do not swim or dive if you have been drinking.
- Don’t be a bystander! If you notice someone (even a stranger) in a dangerous situation, intervene at a level that feels right to you. Notify the authorities or take action.
- Remember the signs of alcohol overdose (person cannot be awakened, slow or irregular breathing, cold, clammy, pale or bluish skin, vomiting, seizures) and call for help immediately if you suspect alcohol overdose. Turn the person on their side and stay with them until help arrives. Remember: not all signs need to be present for alcohol overdose to occur!

Stay safe, have a Happy Fourth of July and don’t forget your sunscreen!

Best,

Erika

References:
