

FOR IMMEDIATE RELEASE:

For questions or more information please contact:

Lynsi Mayfield
Red Rock Regional Prevention Coordinator
90 N. 31st
Clinton, OK 73601
580-323-9736
lynsim@red-rock.com

November 21, 2016

Happy Holidays: Don't Drink & Drive

With Thanksgiving, Christmas and New Year's just around the corner, it is important to remember that alcohol can be a part of the holidays for many Americans and over consumption of alcohol combined with driving can be deadly. From 2013-2015, there were 24 alcohol related car accidents in Roger Mills County with 2 of those being fatal¹. There are many prevention tips designed to keep you and your loved ones safe and here are some ways you can take part:

- Plan ahead if you are going to drink at holiday get-togethers by having a designated and sober driver.
- Manage your alcohol consumption, and limit yourself from over-indulging.
- When hosting holiday get-togethers for family and friends, provide a wide range of choices of non-alcoholic beverages. In addition to sparkling waters, fruit juices and teas, there are non-alcoholic beers and wines.
- As the host of a holiday get-together, you are responsible to ensure your guests, whether family or friends, do not leave under the influence of alcohol and get behind the wheel of a vehicle. Ensure the person has a designated sober driver to get them home safely, and if not, provide them a place to spend the night and sleep it off².

The Red Rock RPC wishes everyone safe and Happy Holidays this year! If you have questions for the RPC, please call us at 580-323-9736.

¹ Oklahoma Highway Safety Office. https://ok.gov/ohso/Data/Crash_Data_and_Statistics/index.html

² Alcoholism Prevention Tips: Thanksgiving Can Be High Risk Holiday for Abuse. <http://www.narcononarrowhead.org/blog/alcoholism-prevention-tips-thanksgiving-can-be-high-risk-holiday-for-abuse.html>