

Alcohol and the Festive Season

Alcohol-related hospitalisations increase by 12% in December compared to the rest of the year.

Here are some tips to reduce the potential for alcohol-related harm this festive season.



Food and alcohol

- Plan some alcohol-free days.
- Keep count of your standard drinks by pouring your own drinks.
- Eat before, and while, you are drinking.
- Alternate alcoholic drinks with non-alcoholic drinks.



Transport and safety

- Don't drink and drive.
- Organise a skipper/designated driver when going out.
- Be sure to bring enough money for a taxi.
- Never get into a car if the driver has been drinking or taking drugs.



Look after your guests

- Provide food from start to finish.
- Provide water and other non-alcoholic drinks.
- Make sure your guests can get home safely.
- Avoid having alcohol as the focus of the party by planning some alcohol-free activities.
- Avoid topping up other people's drinks.

For healthy men and women:

Drinking no more than **TWO standard drinks on any day reduces the lifetime risk of harm from alcohol-related disease or injury.***

Drinking no more than **FOUR standard drinks on a single-occasion reduces the risk of alcohol-related injury arising from that occasion.***

For young people:

No one should supply alcohol to under 18s*

* Based on material provided by the National Health and Medical Research Council.

Every reasonable effort has been made to ensure the accuracy of this resource at the time of publication. For more information go to: alcoholthinkagain.com.au

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