

# RISKY DRINKING CAN PUT A CHILL ON SUMMER FUN

## What to Know:

### Drivers can go off course



When on vacation, drivers may be traveling an unfamiliar route or hauling a boat or camper. Some drivers may also get distracted by pets and children in the car. Adding alcohol to the mix puts the lives of the driver, everyone in the car, and others on the road at risk.

Hot summer days cause you to lose fluid through sweat, while alcohol causes you to lose fluid through increased urination. Together, they can quickly lead to dehydration or heat stroke.

### Hydration is key



### It's important to protect your skin



People who drink alcohol while in the sun are less likely to wear sunscreen. Research also suggests that alcohol reduces the amount of time you can spend in the sun before you get a sunburn.

Avoiding alcoholic beverages while piloting a boat or car, camping, swimming, or surfing can help keep you and your loved ones safe.

### Think before you drink



Visit [middletownnj.org/middletownalliance](http://middletownnj.org/middletownalliance) for more information on alcohol safety.