

# GBPH offers tips for staying safe this holiday season

The holiday season is a time for celebrating with family and friends, reflecting on the year that was, and manifesting for the year to come.

No matter how you celebrate, Grey Bruce Public Health encourages everyone to do so safely.

Here are 10 tips for staying safe this holiday season:

- Know the risks of alcohol consumption. Canada's Guidance on Alcohol & Health recommends two standard drinks or less per week to limit alcohol-related consequences for yourself or others.

- Stick to standard drink sizes. A standard drink is considered: a 12oz bottle of beer, cider, cooler or ready-to-drink beverages (5 per cent alcohol), a 5oz glass of wine (12 per cent alcohol), or a 1.5 oz shot of spirits (40 per cent alcohol).

- Try being "sober-curious," which means being more mindful of alcohol consumption and questioning the reasons why you consume alcohol.

### Non-alcoholic

- Make yourself a non-alcoholic holiday drink, like eggnog or mulled cider to mix it up.

- If you are planning to drink or consume drugs, don't drive. There are lots of alternatives, such as:

- Planning to have a designated sober driver.

- Pre-booking a taxi or Uber.
- Staying overnight.

In 2023, the Grey Bruce OPP charged 28 drivers with impaired driving.

- Keep your vehicle's windows clear. Use an ice scraper to keep your windows clear of snow and ice. To keep your windshield clear, use winter washer fluid and swap your wiper blades if they are leaving streaks across your windshield.

- Use winter tires. Winter tires have better grip on snow and ice and can help to prevent a collision.

- Keep your gas tank above half.

- Test your headlights and taillights to make sure they are working, bright and not foggy.

- Keep an emergency kit in your vehicle. Some suggested items to include are a flashlight, blanket, matches, shovel, non-perishable snacks, water, jumper cables, toolbox, and first aid kit.

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## Seniors Situation

- Try to travel while the sun is still up.
- Wear winter boots with good tread to prevent falling on ice or slippery surfaces when walking. You can check the rating of your boots on Rate My

Treads.

- Leave early. Allow for extra travel time if road conditions or visibility are poor.

### References:

Paradis, C., Butt, P., Shield, K., Poole, N., Wells, S., Naimi, T., Sherk, A., & the Low-Risk Alcohol Drinking Guidelines Scientific Expert Panels. (2023). *Canada's Guidance on Alcohol and Health: Final Report*. Ottawa, Ont.: Canadian Centre on Substance Use and Addiction

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