

# DON'T LET ALCOHOL PUT A CHILL ON YOUR SUMMER!!!



Don't let alcohol put a chill on your summer! The sunshine, warmth and long days of the coming summer season provide a wealth of opportunities for recreation and relaxation, but, when mixed with alcohol and the tragedies of underage drinking, these activities can turn dangerous and even deadly.

“Alcohol consumption results in a gradual dulling of reactions of the brain and nervous system, turning normal situations into potentially dangerous ones,” says Dr. Nicholas Pace, MD, a board member of the National Council on Alcoholism and Drug Dependence, Inc., New York City.

“It causes a loss of inhibitions, which leads to aggressiveness, poor judgment, and reckless movements in the water while boating, swimming, and diving. It can cause faulty coordination and disorientation in the water, and impair a person’s swallowing and breathing reflexes – both of which are essential to swimming.”

Alcohol is one of the major leading causes of boating fatalities, drowning deaths, and diving injuries in the summer months!

With so much fun to be had, why let alcohol put a chill on your family’s summer? People under the age of twenty-one, drivers and people planning water-related recreational activities should stay away from alcohol. Even adults who observe the federal government’s recommendations for moderate drinking should bear in mind that alcohol may affect them differently during their favorite summer activities.

For more information, contact Thea at Garfield County Human Services or visit the website of the National Council on Alcoholism and Drug Dependence, Inc. ([www.ncadd.org](http://www.ncadd.org)) and click on Programs, and select Awareness Activities.

