

## Drinking and Driving

### Effects of alcohol on driving ability

Alcohol is a depressant. Although alcohol may make you feel "happier" and "at peace with the world" it:

1. Slows your reaction time
2. Affects your vision
3. Affects your perception, judgment and decision-making skills as well as the ability to coordinate them.

*“Alcohol and Driving  
Don't Mix!”*

## Hosts Beware!

### YOU ARE RESPONSIBLE . . .

- ⇒ for injuries or damages that occur as a result of the alcohol you provide
- ⇒ for what happens to guests when they are in your home or on your property
- ⇒ for guests at other functions you organize, like weddings, street parties and company parties
- ⇒ for the safety and behaviour of your guests until they're sober, not just until they leave your party or function
- ⇒ if your guests get in an accident while drinking and driving from your party

## CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [cu\\_healthy@carleton.ca](mailto:cu_healthy@carleton.ca).



2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)

# The Perfect Party

## How To Drink Responsibly



613-520-6674  
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2600 CTTC Building

## The MYTHS about Alcohol

- Δ Eating prevents drunkenness
- Δ Coffee will sober a person up
- Δ Sticking with beer will prevent drunkenness
- Δ Alcohol is an aphrodisiac
- Δ Practice makes perfect
- Δ Sweating will get rid of the effects of alcohol
- Δ Exercise, a cold shower, or cold air will sober a person up

### Why Do We Drink?

Most of us tend to adjust our drinking behaviour to where we are and whom we're with. Tense, happy, sad, angry and stressed moods affect our reaction to alcohol. Uninformed drinkers are more likely to drink in excess than informed drinkers who know what is in their glass and can recognize when they have had enough. Understanding alcohol equivalence (1 beer = 1 1/2oz of liquor = 1 glass of wine) is a key to sensible, moderate drinking.

## What Affects Intoxication?

**How fast the alcohol is consumed:** Slow rates of consumption allow the body to eliminate the alcohol and will limit accumulation in the blood stream.

**Food in the Stomach:** A full stomach will slow down the absorption of alcohol into the blood stream

**Size and Body Build:** Body composition is roughly 70% water, depending on amounts of fat. A heavy person's body is composed of more water, so it is able to dilute more alcohol than the body of a light person.

**Gender:** Women tend to be smaller in size and build, and usually have a higher percentage of tissue which does not absorb as much alcohol.

**Setting, Mood and Atmosphere:** Fatigue, stress and mood will cause the effects of alcohol to set faster.

**Tolerance:** Experienced drinkers can eventually adapt to the presence of alcohol in their system, losing their sensitivity to it. However, this decreased sensitivity is primarily the result of brain and liver damage. Some drinkers may also appear less affected because they are used to masking the signs of intoxication.

**Other Substances:** The presence of prescription and non-prescription drugs as well as illegal substances will intensify the effects of alcohol. Even common cold remedies and especially antihistamines can have serious effects when taken in conjunction with alcohol.

## Avoid the morning after the night before

- ☑ Try diluting your drinks
- ☑ Alternate with non-alcoholic drinks
- ☑ Set yourself a limit *before* you start drinking, keeping in mind that it takes at least an hour for your liver to metabolize one drink
- ☑ Eat before you drink, or at least while you drink
- ☑ Try to sip rather than gulp
- ☑ Don't mix drinking with drugs (including over-the-counter drugs and prescription drugs)
- ☑ Try dancing more and sitting less



**REMEMBER:** The only thing that can sober up an intoxicated person is TIME!