



STATE OF DELAWARE
OFFICE OF HIGHWAY SAFETY
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Newsletter Article

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Fans Don't Let Fans Drive Drunk

Is the only thing that makes a cold winter day worthwhile the thought of being inside, watching the big game? This is an exciting time of the year for football fans. Whether your team is in it or not, many people just enjoy getting together on weekends at a friend's house or sports bar to watch the games. While you are gearing up for the Playoffs, remember Fans Don't Let Fans Drive Drunk.

To avoid unnecessary penalties and stay safe on the night of the big game, make the following safety tips part of your playbook:

If you are having friends over:

- Before kickoff, make sure all of your guests have a sober designated driver for the ride home.
- Serve plenty of high protein foods like meat and cheese, or sandwiches and avoid the chips – salty snacks make people want to drink more.
- Provide non-alcoholic drink alternatives - soft drinks, juice, and water.
- Stop serving alcohol at the end of the third quarter of the game (just like NFL stadiums).

If you are watching at a friend's house, sports bar, or restaurant:

- Designate a sober driver before you leave home or volunteer to be one yourself.
- Avoid drinking too much alcohol too fast or on an empty stomach. Pace yourself—eat foods rich in protein, take breaks, and alternate with non-alcoholic drinks.
- Never let a friend leave your sight if you think they are about to drive while impaired.

Drive Sober. Arrive Alive DE.

For more information on this and other traffic safety programs, go to www.ohs.delaware.gov.