

Summer Sense: Installation Picnic

Army Substance Abuse Program

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Enjoy the Installation Picnic and be responsible.

Drinking alcohol is a privilege that carries a great responsibility. If you drink, make sure that you remember the acronym HALT (don't drink if you are Hungry, Angry, Lonely, or Tired), and that you have a buddy you can trust and have planned a safe, sober ride home.

Use these easy tips to assist in making the responsible decision if you decide to drink:

- * Eat before and during drinking
- * Don't gulp or chug your drinks; drink slowly and make the drink last – try to drink no more than one alcoholic drink per hour and no more than three on any given day (have higher rates of health and impairment problems)
- * Alternate between alcohol and non-alcoholic drinks
- * Remember the word HALT
- * Before you celebrate, designate – identify a responsible driver who will not drink, or plan ahead to use public transportation

Know what to look for: Signs of impairment can include:

- * Lack of coordination
- * Aggressive behavior
- * Very talkative
- * Very indifferent
- * Slurred speech and incoherent

Pennsylvania DUI

- * PA's laws are among the strictest in the country
- * .08 Blood Alcohol Content (BAC) is considered legally drunk in PA
- * There's a possibility of fines up to \$10,000 depending on the level of impairment and the offense
- * There may be jail time depending on the level of impairment and the offense
- * You may have your driver's license suspended depending on the level of impairment and the offense
- * Refusal to take a chemical test will result in automatic and immediate loss of license for one year

REMEMBER – It is always OK not to drink.

Contact the Army Substance Abuse Program at 245-4576.

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