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March 16, 2018

NEWS RELEASE

Safety Advice for St. Patrick's Day

EL PASO, Texas – According to the Texas Department of Transportation, every 20 minutes in Texas, someone is hurt or killed in a crash involving alcohol. The El Paso Fire Department would like to provide safety advice to celebrate responsibly and stay safe:

Plan Ahead. Make a plan on how are you going to get to your destination and how do you plan on getting back home. Visit TXDOT's SoberRides.org to get assistance finding cabs and rideshare services.

Have a Designated Driver. Designate a sober driver and leave your car keys at home. If you're planning on driving, commit to staying sober. Make sure everyone is wearing a seatbelt.

Stay Hydrated. Alcohol acts as a diuretic, meaning it makes you urinate more often than you usually would. This can lead to dehydration.

Eat. Drinking on an empty stomach can accelerate the rate of intoxication.

Know your surroundings. Locate exits and safe points.

Take care of your friends. Don't let friends get behind the wheel if you suspect they are intoxicated.

Celebrating at home. When cooking, don't leave cooking appliances unattended. Always have an all-purpose extinguisher nearby, and never overload electrical outlets.

DON'T EVER DRINK AND DRIVE.

Celebrating responsibly keeps you, your loved ones, and our community safe. If you need emergency assistance call 911.

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