



# SUMMER WALK & TALK

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The summer brings rising temperatures and opportunities to enjoy the outdoors with friends and family. These gatherings may include drinking alcohol, which increases the likelihood for accidents. For everyone's safety, let's come together to prevent common summer injuries.



Avoid alcohol during water activities.



Stay hydrated by drinking water frequently.



Wear appropriate gear and follow the rules of the road when riding ATVs, bicycles, or motorcycles.




Be sure grills and campfires are constantly monitored and in open areas.



Wear a life jacket when on a boat or personal watercraft.



Carefully follow manufacturer instructions when using fireworks.



# WHAT IS A STANDARD DRINK?

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**12 ounces of beer** (5% alcohol content).

**8 ounces of malt liquor** (7% alcohol content).

**5 ounces of wine** (12% alcohol content).

**1.5 ounces or a “shot” of 80-proof** (40% alcohol content) **distilled spirits or liquor** (e.g., gin, rum, vodka, whiskey).

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