

# TIPS FOR A SAFE HOLIDAY

- Do not drink and drive, use heavy machinery, or combine alcohol with other medications. Alcohol impairs the ability to react, causes drowsiness, and affects judgment. *In 2015, 10,265 people were killed in alcohol-impaired driving deaths in the United States. In New Hampshire, 33 people died in an alcohol-related crash and there were 4,528 driving under the influence arrests in 2015.*
- People with a family history of alcoholism or a prior history of alcohol abuse are at an increased risk of alcoholism. People in recovery from an alcohol-related disorder should not drink. Even small amounts of alcohol may lead to relapse for individuals in recovery from alcohol abuse or dependence.
- Pregnant women or women trying to get pregnant should not drink at all. *According to the Substance Abuse and Mental Health Services Administration, women who drink alcohol while pregnant increase the risk that their infants will have physical, learning, and/or behavior problems, including Fetal Alcohol Spectrum Disorder, that could be irreversible.*
- People who are younger than the legal drinking age should not drink. The brain is still developing through our early 20s. *Drinking during this critical period may permanently harm the brain. (White and Swartzwelder, 2005)*
- Moderate alcohol use by adults —up to two drinks per day for men and one drink per day for women and older people — generally does not result in health problems. However, alcoholism, or alcohol addiction, is a progressive disorder. *According to the National Institute on Alcohol Abuse and Alcoholism, 16.3 million adults ages 18 and older had an Alcohol Use Disorder in the US in 2014.*
- Alcoholism may include the following symptoms:
  - craving** — a strong need or urge to drink
  - loss of control** — not being able to stop once drinking has begun
  - physical dependence** — withdrawal symptoms such as nausea, sweating, and shakiness
  - tolerance** — the need to drink greater amounts to get “high” or to experience an altered state of mind

If you or a loved one is struggling with an alcohol-related addiction, consult with a medical doctor about possible treatment options or read the BDAS Resource Guide at: [dhhs.nh.gov/dcbcs/bdas/guide.htm](http://dhhs.nh.gov/dcbcs/bdas/guide.htm)

For statewide referrals and information, dial 211 or visit <http://nhtreatment.org>.

If you or someone you know is experiencing an addiction-related crisis, call the NH Statewide Addiction Crisis Line at: 1.844.711.HELP (4357).

**For more information:**  
Alcohol, Tobacco and Other Drug Services  
800-804-0909  
<http://www.dhhs.nh.gov/dcbcs/bdas/>  
[www.drugfreeNH.org](http://www.drugfreeNH.org)

**FACT SHEET**

**Alcohol, Tobacco and Other Drug Clearinghouse**

NH Department of Health and Human Services

**NHBDAS**  
NH DEPT. OF HEALTH AND HUMAN SERVICES  
BUREAU OF DRUG AND ALCOHOL SERVICES

Promoting Prevention and Recovery

Bureau of Drug and Alcohol Services  
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