

101 Critical Days of Summer

By IMCOM HQ ASAP Prevention Team

Memorial Day starts 101 Critical Days of Summer. This year, it will last until Labor Day, 5 Sep 11. This is one of the most dangerous and deadliest times of the year for our Soldiers, Families and Civilians. 101 Critical Days of Summer campaign partners with Safety to promote prevention awareness measures.

Increased alcohol use throughout the summer, and particularly around major holiday weekends, begins with Memorial Day, continuing through the 4th of July weekend and ending with Labor Day. This has made the summer season a very grim time for local law enforcement, emergency medical staff, highway safety officials and the friends and families of those involved in alcohol related incidents. America is at a crucial point where we must all do more as communities and as individuals if we are to see a significant decline in the number of alcohol and drug related incidents.

The importance of avoiding alcohol while driving can not be over emphasized. Drinking and driving do not mix; drinking and boating do not mix. In fact, alcohol does not mix with any outdoor activity. We need to use common sense, be decisive and not let our friends drink and drive. If you have been drinking, use a designated driver or call a taxi. Impaired driving is one of the most often committed crimes. According to the National Council on Alcoholism and Drug Dependence, about 3 in every 10 Americans will be involved in an alcohol-related crash at some time in their lives.

It is a fact that 10% of the people drink 90% of the alcohol. What do the other 90% of the people do? They drink responsibly or they do not drink at all. Nevertheless, during the summer, there are a few things to keep in mind. If you have a get together, ensure there is plenty of water available for your guests. When you have water outings, ensure everyone wears a lifejacket. A report generated by the United States Coast Guard showed that alcohol was involved in 32 percent of all boating accidents.

It is up to each and every one of us to PLAN and PREPARE. Enjoy your summer and remember that accidents do not take a holiday or time off.

Have a **safe** 101 Days of Summer!