

Staying safe during the festive party period

With the extra socialising that comes with the festive period, you might find yourself drinking more than usual.

This festive season please play your part by planning ahead and following these top tips which can help you enjoy the festivities whilst keeping you safe.

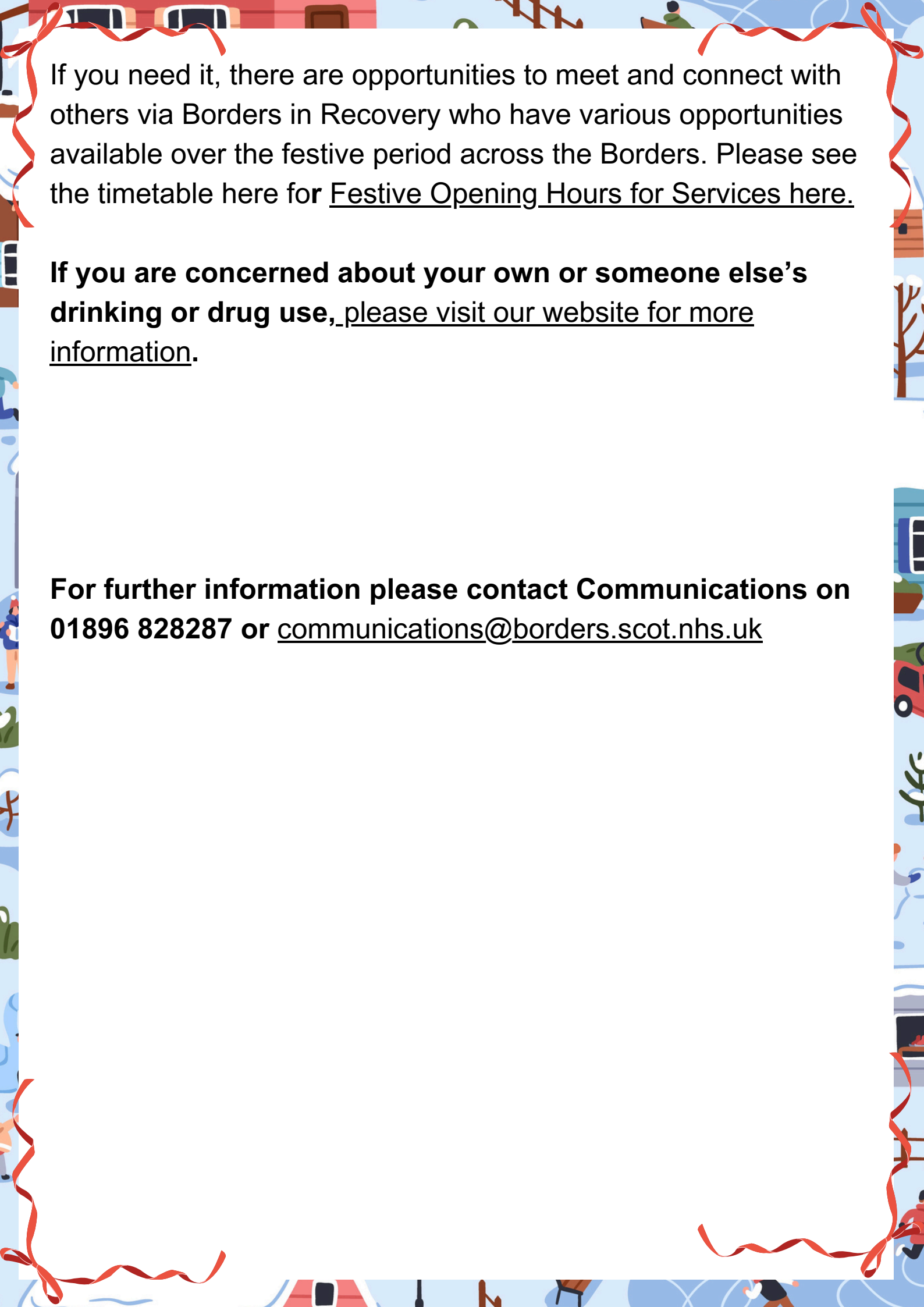
- **Always eat before you go out** – this slows down the effect of alcohol on our body
- **Try to avoid having drinks before going out** - home measures can be a lot larger which can mean people being drunk by the time they reach the pub, club or bar and may result in them not being allowed in
- **Be aware of how many units you are consuming** - a large glass of wine can contain 3 units of alcohol. It is safest not to drink more than 14 units a week on a regular basis (this applies to all adults)
- **Drink at your own pace** - avoid being in a 'round'. Rounds may mean you are trying to keep up with the person who is drinking the fastest. If you're not ready for another alcoholic drink then have a zero alcohol alternative, a soft drink or some water
- **Keep an eye on your drinks** and don't leave them unattended
- **Stop drinking** if you start to feel sick, dizzy or unwell and seek help
- **Have a plan to get home before you go out** - if you have had too much to drink, you are at a much greater risk of having an accident, or coming to harm because you are vulnerable, especially if you are alone – so stick with your friends

Are you having people round for a drink at home?

- **Always offer something to eat** – dips and pitta bread or cheese and crackers are good alternatives to salty snacks which make people more thirsty
- **Have non-alcoholic drinks available** which are just as visible as the alcoholic drinks
- **Have one person serve drinks and measure the drinks** - people normally pour themselves larger drinks than they would get in a bar or pub, making it hard to keep check on how much alcohol they are consuming

We strongly encourage you not to make drugs part of your festive celebrations but if you are planning on taking drugs:

- Make sure you have a plan to get home safely
- If you start to feel unwell, don't delay for fear of consequences, tell someone and seek medical help
- Try not to accept/buy drugs from people you don't know– but remember having a trusted source does not remove risk entirely
- Avoid mixing drugs especially alcohol and medicines as this can cause dangerous, unintended or unpredictable effects
- Keep hydrated, drink small sips of water (about ½ - 1 pint of water per hour)
- Avoid taking drugs alone and have a 'sober' friend around if possible
- If you take something, always tell someone what you have taken, how much and when
- Think and practice safe sex and ensure you have full consent before and during any sexual activity
- Carry naloxone and know how to use it

The page is framed by a festive border. Red ribbons are tied in bows at the top and bottom corners. The border itself is decorated with various winter-themed illustrations: a red house, a car, a person in a green coat, a tree, a person in a blue coat, a red car, a person in a red coat, and a person in a black coat. The background of the border is light blue with white snowflakes.

If you need it, there are opportunities to meet and connect with others via Borders in Recovery who have various opportunities available over the festive period across the Borders. Please see the timetable here for [Festive Opening Hours for Services here](#).

If you are concerned about your own or someone else's drinking or drug use, [please visit our website for more information](#).

For further information please contact Communications on 01896 828287 or communications@borders.scot.nhs.uk