



A Message From Leitrim County Council Road Safety Office

on Staying Safe on Our Roads.

Ahead of the Ireland v Belgium soccer match tomorrow, Leitrim County Council's Road Safety Office together with the Road Safety Authority, is reminding fans to enjoy the match and to be sensible if they're planning to have a few drinks, either at home or in the pub.

The following is some advice for road-users:

- Plan ahead. Make sure you know how you're getting home, whether by taxi, with a friend or public transport.
- Don't walk home if you're drunk. Almost half of all pedestrians killed on our roads have consumed alcohol. It's a risk you shouldn't take.
- Never ever drink and drive. Any amount of alcohol impairs your driving so either leave the car at home and arrange alternative transport, or stick to the soft drinks.
- Don't forget that you could still be over the limit the next morning so take the necessary precautions. It takes roughly one hour for your body to get rid of one unit of alcohol which is a half pint or a standard glass of wine, so if you got to bed late and didn't get a good night's sleep, the effect of the alcohol will be more significant.
- 1 in 10 drink driving fatalities happen between 8am and 11am so if you have had a heavy night out, leave the car at home.

Enjoy the Match!!