

Safe Summer Fun!



Warm weather, it brings out the adventurer in all of us. Summer fun in Berrien County is unlike any other place in Michigan. With our lush grape fields, miles of beaches and lake access, summer festivals, graduation parties, birthdays, family reunions, trips to the many parks there is so much to do in Berrien County this summer that the Health Department wants everyone to get out and enjoy what our very unique county has to offer.

The Health Department also wants everyone to enjoy all of these activities safely. There are a few things to keep in mind this summer while you enjoy the wonderful weather.

If alcohol is going to be a part of your summer activities remember to exercise restraint when consuming, especially on the water and in the sun. Alcohol is a diuretic which means alcohol will cause you to lose fluids more quickly. Be sure if you pack a six pack in your boating

cooler you also take along some water to keep your fluids up, and don't forget the non-alcoholic beverages for the captain and the underage passengers.

For you night owls who will be visiting any of Berrien's local hot spots remember to designate a driver before the night begins, don't get caught with your wrists in cuffs because you didn't plan ahead and choose to drive drunk.

For all of you picnic people don't forget the ice! Keep your cold food cold and your hot food hot to avoid any food related illness that would put a cramp in your summer fun! Remember that public parks and beaches are alcohol and tobacco free so leave the booze and the smokes at home.

Beach bums pay special attention to your skin this summer. Keep your body well hydrated and leave the alcohol at the bar. Also, remember

the sun screen in the cooler. If your skin starts to feel tight or itchy while soaking up the rays it's time to call it a day and get out of the sun, find yourself some shade and aloe.

If you're visiting the beach with children keep an eye on them while they are in the water and make sure to reapply sunscreen frequently to keep their delicate skin from burning.



Berrien County is like no other in the summer, so go out and enjoy all of the activities, events, and special features of your neighborhoods but be sure to take along your common sense!

Congratulations Class of 2010!



Parents be mindful of the activities at Your son or daughter's graduation party this summer. Remember that if a minor consumes alcohol on your property you can be charged with a crime..

Why alcohol should not be a part of your teen's graduation party:

- Teens' brains are not fully developed and are more susceptible to alcohol's effects and possible brain damage

- In addition to the danger of drunk driving, teens are also at risk for harm from falls, fights, and sexual choices made under the influence.
- Graduates are young and excited about life— they don't need alcohol to have fun!

Prevent Underage Drinking This Summer with the BCAT



This summer the Health Department will be partnering with local law enforcement jurisdictions to make sure that alcohol retailers are not selling to minors and people aren't driving under the influence. But it will take all of us to ensure that the headlines this summer focus on positive things in the county rather than the negative. If you know of anyone who is providing alcohol to minors you can send a tip anonymously by texting or calling 269-470-4847 (ITIP). Leave the information and the Berrien County Alcohol Taskforce (BCAT) will take it from there. This number can also be used to ask alcohol related questions. Leave your question and contact information and the BCAT will get you an answer as soon as possible.

269-470-4847 (ITIP)