

AVOID PENALTY HEARTACHE DURING EURO 2020

WILL YOU BE SAFE TO DRIVE THE MORNING AFTER?

FIXTURES WALL CHART INSIDE



The Morning After

Many people will enjoy a few drinks as they watch the football this summer and most wouldn't even consider getting into their car and driving afterwards.

However, more and more people are being caught drink-driving the following morning. This is because it takes a lot longer than most people think for alcohol to pass through the body.

Because of this, there is a real risk that people who would not dream of drink-driving may still be over the limit, or unfit to drive, the 'morning after'.

You could be driving to work the next morning or going shopping and still be over the limit. You could even be driving your children to school and still be unsafe to drive. Could you live with yourself if something happened?

Any amount of alcohol affects your ability to drive safely. Even if you are under the legal drink drive limit your reactions will still be slower and your driving affected - often without you realising!

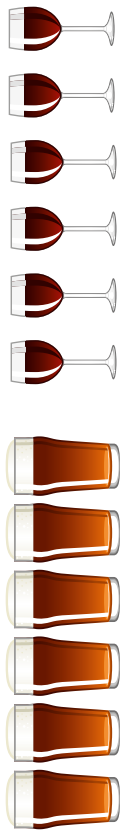
The best advice is not to drink at all if you are driving, and to avoid heavy drinking if you are driving the following day.

When will you be safe to drive?

It's really difficult to calculate how long it takes for alcohol to pass through the body. There's a rough guide on the opposite page to help you understand when your body is likely to be alcohol free, not simply under the drink-drive limit.

- **One hour per unit** - most experts agree that on average it takes around one hour for each unit of alcohol to pass through the body (although this can vary according to a number of factors).
- **Add an hour** - it takes around an hour from when you start drinking for alcohol to be fully absorbed into the bloodstream.
- **When you stop drinking** - the calculation should be from when you finish drinking.

The new guidelines have been set at a level to keep the risk of cancers or other diseases low.



6 glasses of 13% wine

6 pints of 4% beer

This is what **14 units** looks like:

Both are advised not to regularly drink more than **14 units a week**.

New Government guidelines are now the same for men and women.

Did you know?

while you're out.

smartphone app to keep track of what you're drinking

and gives you a rough calculation of when you may

to add up the drinks you consumed the night before

information. The 'Morning After' calculator helps you

Visit **www.morning-after.org.uk** for more



The Morning After Calculator



This is roughly how long it takes for different alcoholic drinks to clear your body

Pints of beer or lager

4% beers and lagers - average strength beers and lagers are 2.5 - hour pints. Each pint takes at least 2.5 hours to leave your blood stream from when you stop drinking.

5% lagers and ciders - stronger lagers and ciders are 3 - hour pints. If you drink four pints of lager you should not drive for at least 13 hours from finishing your last pint. If you finish at midnight, you may not be safe to drive until after 1pm the next day.

Bottles

330ml bottles of 5% lager - bottles of this size and strength are 2 - hour bottles.

275ml alcopops - are a 2 - hour drink. Drink five of these bottles and you should not drive for at least 11 hours. That's 11am the following day if you finish drinking at midnight.

Cans of beer or cider

A 440ml can of 5% cider or lager - is a 2.5 - hour drink.

Super strength cans - can be a whopping 7.5% - 9%. A 7.5% can is a 4 - hour drink. Drink five super-strength cans and you should not drive for about 21 hours - almost a full day later.

Measures of spirits

It doesn't matter what mixer you use. The alcohol takes the same amount of time to leave your system whether your vodka's just on ice or in a large glass of orange juice. Pub measures vary, 25ml (one unit) used to be standard, but 35ml is now more common.

A 35ml shot - is 1.5 - hour drink. **A 70ml double** - is a 3 - hour drink.

If you are pouring spirits yourself you'll probably pour generous doubles, triples or more. Take this into account when calculating your hours. Drink four 70ml doubles and you should not drive for 13 hours - that's 1pm the next day if you have your last double at midnight.

Glasses of Wine

There are several different wine glass sizes and wine comes in different strengths - from 12%-15%.

A 250ml glass of 15% wine - is a 4 - hour drink.

Drink a bottle of 15% wine - just three 250ml glasses - and you should not drive for 13 hours - that's 1pm the next day if you finish at midnight.

GROUP

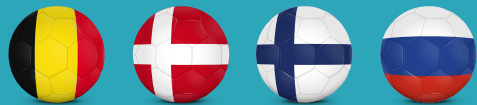
A



1	Fri 11 Jun - 8pm Stadio Olimpico, Rome
TURKEY	<input type="checkbox"/> <input type="checkbox"/> ITALY
2	Sat 12 Jun - 2pm Olympic Stadium, Baku
WALES	<input type="checkbox"/> <input type="checkbox"/> SWITZERLAND
13	Wed 16 Jun - 5pm Olympic Stadium, Baku
TURKEY	<input type="checkbox"/> <input type="checkbox"/> WALES
14	Wed 16 Jun - 8pm Stadio Olimpico, Rome
ITALY	<input type="checkbox"/> <input type="checkbox"/> SWITZERLAND
26	Sun 20 Jun - 5pm Stadio Olimpico, Rome
ITALY	<input type="checkbox"/> <input type="checkbox"/> WALES
25	Sun 20 Jun - 5pm Olympic Stadium, Baku
SWITZERLAND	<input type="checkbox"/> <input type="checkbox"/> TURKEY

GROUP

B



3	Sat 12 Jun - 5pm Parken Stadium, Copenhagen
DENMARK	<input type="checkbox"/> <input type="checkbox"/> FINLAND
4	Sat 12 Jun - 8pm St Petersburg Stadium, St Petersburg
BELGIUM	<input type="checkbox"/> <input type="checkbox"/> RUSSIA
15	Wed 16 Jun - 2pm St Petersburg Stadium, St Petersburg
FINLAND	<input type="checkbox"/> <input type="checkbox"/> RUSSIA
16	Thur 17 Jun - 5pm Parken Stadium, Copenhagen
DENMARK	<input type="checkbox"/> <input type="checkbox"/> BELGIUM
28	Mon 21 Jun - 8pm St Petersburg Stadium, St Petersburg
FINLAND	<input type="checkbox"/> <input type="checkbox"/> BELGIUM
27	Mon 21 Jun - 8pm Parken Stadium, Copenhagen
RUSSIA	<input type="checkbox"/> <input type="checkbox"/> DENMARK

GROUP

C



6	Sun 13 Jun - 5pm National Arena, Bucharest
AUSTRIA	<input type="checkbox"/> <input type="checkbox"/> N. MACEDONIA
5	Sun 13 Jun - 8pm Johan Cruyff Arena, Amsterdam
NETHERLANDS	<input type="checkbox"/> <input type="checkbox"/> UKRAINE
18	Thu 17 Jun - 2pm National Arena, Bucharest
UKRAINE	<input type="checkbox"/> <input type="checkbox"/> N. MACEDONIA
17	Thu 17 Jun - 8pm Johan Cruyff Arena, Amsterdam
NETHERLANDS	<input type="checkbox"/> <input type="checkbox"/> AUSTRIA
30	Mon 21 Jun - 5pm National Arena, Bucharest
UKRAINE	<input type="checkbox"/> <input type="checkbox"/> AUSTRIA
29	Mon 21 Jun - 5pm Johan Cruyff Arena, Amsterdam
N. MACEDONIA	<input type="checkbox"/> <input type="checkbox"/> NETHERLANDS



2020

FOOTBALL CHAMPIONSHIP



WHEN WILL YOU BE SAFE TO DRIVE?

It takes a lot longer than most people think for alcohol to pass through the body.

The best advice is not to drink at all if you are driving, and to avoid heavy drinking if you are driving the following day.

For more information refer to the back of this wall chart or visit www.morning-after.org



Sat 26 Jun - 5pm
Johan Cruyff Arena, Amsterdam

Round of 16 - Game 1	
2A	<input type="checkbox"/>
2B	<input type="checkbox"/>

Fri 2 Jul - 5pm
St Petersburg Stadium

Quarter Final - Game 1	
Game 6 Winner	<input type="checkbox"/>
Game 5 Winner	<input type="checkbox"/>

Sat 26 Jun - 8pm
Wembley Stadium, London

Round of 16 - Game 2	
1A	<input type="checkbox"/>
2C	<input type="checkbox"/>

Sun 27 Jun - 5pm
Puskas Arena, Budapest

Round of 16 - Game 3	
1C	<input type="checkbox"/>
3D/E/F	<input type="checkbox"/>

Fri 2 Jul - 8pm
Allianz Arena, Munich

Quarter Final - Game 2	
Game 4 Winner	<input type="checkbox"/>
Game 2 Winner	<input type="checkbox"/>

Sun 27 Jun - 8pm
La Cartuja Stadium, Seville

Round of 16 - Game 4	
1B	<input type="checkbox"/>
3A/D/E/F	<input type="checkbox"/>



Mon 28 Jun - 5pm
Parken Stadium, Copenhagen

Round of 16 - Game 5	
<input type="checkbox"/>	2D
<input type="checkbox"/>	2E

Sat 3 Jul - 5pm
Olympic Stadium, Baku

Quarter Final - Game 3	
<input type="checkbox"/>	Game 3 Winner
<input type="checkbox"/>	Game 1 Winner

Mon 28 Jun - 8pm
National Arena, Bucharest

Round of 16 - Game 6	
<input type="checkbox"/>	1F
<input type="checkbox"/>	3A/B/C

Tue 29 Jun - 5pm
Wembley Stadium, London

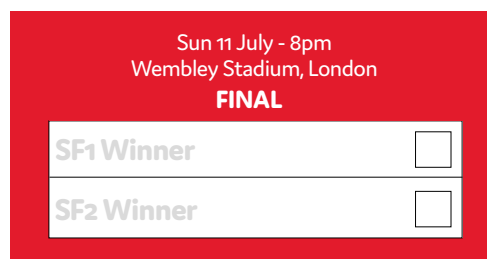
Round of 16 - Game 7	
<input type="checkbox"/>	1D
<input type="checkbox"/>	2F

Sat 3 Jul - 8pm
Stadio Olimpico, Rome

Quarter Final - Game 4	
<input type="checkbox"/>	Game 8 Winner
<input type="checkbox"/>	Game 7 Winner

Tue 29 Jun - 8pm
Hampden Park, Glasgow

Round of 16 - Game 8	
<input type="checkbox"/>	1E
<input type="checkbox"/>	3A/B/C/D



UEFA EURO 2020 WINNER

GROUP

D



7	Sun 13 Jun - 2pm Wembley Stadium, London
ENGLAND	<input type="checkbox"/> <input type="checkbox"/> CROATIA
8	Mon 14 Jun - 2pm Hampden Park, Glasgow
SCOTLAND	<input type="checkbox"/> <input type="checkbox"/> CZECH REPUBLIC
19	Fri 18 Jun - 5pm Hampden Park, Glasgow
CROATIA	<input type="checkbox"/> <input type="checkbox"/> CZECH REPUBLIC
20	Fri 18 Jun - 8pm Wembley Stadium, London
ENGLAND	<input type="checkbox"/> <input type="checkbox"/> SCOTLAND
32	Tue 22 Jun - 8pm Wembley Stadium, London
CZECH REPUBLIC	<input type="checkbox"/> <input type="checkbox"/> ENGLAND
31	Tue 22 Jun - 8pm Hampden Park, Glasgow
CROATIA	<input type="checkbox"/> <input type="checkbox"/> SCOTLAND

GROUP

E



10	Mon 14 Jun - 5pm St Petersburg Stadium, St Petersburg
POLAND	<input type="checkbox"/> <input type="checkbox"/> SLOVAKIA
9	Mon 14 Jun - 8pm La Cartuja Stadium, Seville
SPAIN	<input type="checkbox"/> <input type="checkbox"/> SWEDEN
21	Fri 18 Jun - 2pm St Petersburg Stadium, St Petersburg
SWEDEN	<input type="checkbox"/> <input type="checkbox"/> SLOVAKIA
22	Sat 19 Jun - 8pm La Cartuja Stadium, Seville
SPAIN	<input type="checkbox"/> <input type="checkbox"/> POLAND
34	Wed 23 Jun - 5pm St Petersburg Stadium, St Petersburg
SWEDEN	<input type="checkbox"/> <input type="checkbox"/> POLAND
33	Wed 23 Jun - 5pm La Cartuja Stadium, Seville
SLOVAKIA	<input type="checkbox"/> <input type="checkbox"/> SPAIN

GROUP

F



11	Tue 15 Jun - 5pm Puskas Arena, Budapest
HUNGARY	<input type="checkbox"/> <input type="checkbox"/> PORTUGAL
12	Tue 15 Jun - 8pm Allianz Arena, Munich
FRANCE	<input type="checkbox"/> <input type="checkbox"/> GERMANY
23	Sat 19 Jun - 2pm Puskas Arena, Budapest
HUNGARY	<input type="checkbox"/> <input type="checkbox"/> FRANCE
24	Sat 19 Jun - 5pm Allianz Arena, Munich
PORTUGAL	<input type="checkbox"/> <input type="checkbox"/> GERMANY
36	Wed 23 Jun - 8pm Allianz Arena, Munich
GERMANY	<input type="checkbox"/> <input type="checkbox"/> HUNGARY
35	Wed 23 Jun - 8pm Puskas Arena, Budapest
PORTUGAL	<input type="checkbox"/> <input type="checkbox"/> FRANCE