

# TAKE EXTRA TIME



PINTS OF LAGER	4
HOURS BEFORE DRIVING	13

## AVOID A POST-MATCH PENALTY HEARTACHE



STEER CLEAR OF  
**MORNING AFTER**  
DRINK DRIVING

**IT TAKES MUCH LONGER THAN MOST PEOPLE THINK  
FOR ALCOHOL TO PASS THROUGH THE BODY.**

Find out how long: [morning-after.org.uk](http://morning-after.org.uk) or find us on  