New Year’s Eve is a night to celebrate, and fire fighters want you to make a few resolutions for a safe December 31.

The most obvious resolution is to avoid drinking and driving. This may sound simple enough, but it goes beyond not getting behind the wheel when you’ve had too much. It means planning for a designated driver, a cab or rideshare service and also means encouraging others to be safe as well. If you are planning a party at your home, make sure your guests get home safely or stay overnight.

If you plan to drink to ring in the new year, know your limits. The faster we drink, the more the alcohol affects our bodies. A standard drink (12 ounces of beer, 4-5 ounces of wine or 1.5 ounces of hard liquor) takes us nearly one hour on average to metabolize. Know the signs of inebriation: confusion, a short attention span, coordination difficulties and slurred speech are all signs that you are inebriated and should stop drinking. And remember, despite the myth, coffee is not an antidote to alcohol; it will not sober you up.

Of course, the New Year’s Eve celebration is about more than drinking. Many people set off fireworks to celebrate the turning of the calendar. Fire fighters urge caution when using any type of fireworks display – these are usually best left to professionals. Home firework displays are an especially poor idea with holiday parties and crowds.

If you choose to go out for your celebration, be sure your phone is fully charged so you can call 9-1-1 in the event of an emergency or call a driver, cab or rideshare to get home safely. Be aware of your surroundings, know where the emergency exits are located. Also pay attention to crowd size. If you feel uncomfortable, it is always a better choice to play it safe and find a new spot to ring in the new year.

Finally, remember to plan for your children to have a happy new year. Set a curfew and encourage young drivers to stay off the road overnight.

With these simple New Year’s Eve resolutions, you can safely enjoy the end of 2019 and start with a happy 2020.