

# inspired

[to make healthy choices]

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## Impact of Drunk & Drugged Driving

Every day, almost **30 people** in the United States **die** in **drunk driving crashes**. (NHTSA)

Alcohol reduces the function of the brain, impairs thinking, reasoning and muscle coordination. (NHTSA)

Certain **drugs** can effect driving skills in different ways; some may cause drowsiness while others can make drivers more aggressive.

(drugabuse.org)



**TWO** standard drinks in the US being consumed in **ONE HOUR** can cause a Blood Alcohol Content (BAC) of 0.02%. (CDC)



### Typical Effects from 0.02% BAC

- » Some loss of judgement
- » Relaxation
- » Slight body warmth
- » Altered mood

### Effects on Driving with 0.02% BAC

- » Decline in visual functions such as rapid tracking of a moving target
- » Decline in the ability to perform two tasks at the same time (CDC)

Marijuana users are **25% more likely to be involved in a crash than drivers with no evidence of marijuana use**. (CDC)

## Avoid Drunk & Drugged Driving

**Choose a Designated Driver** who knows not to drink or do drugs ahead of time.

**Call** a taxi, sober friend or use an app to get a safe ride home.

**Stop friends** who have been drinking or using drugs from getting in their cars.

**Report** drunk or drugged drivers.

### Make Plans:

decide how you are getting home or if you can stay overnight *before* you start drinking.

(NHTSA)

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