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 affect 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)

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.

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

“Inspired to Make Healthy Choices” Created by GUIDE, Inc.