

Impaired Driving Prevention

Impaired driving is defined as operating a vehicle while under the influence of alcohol or drugs.

Impaired driving puts the driver, passengers and others who share the road at serious risk.

Impaired driving accidents **increase during summer months and around holidays.** (NHTSA)

More than **13,000 people die annually** in alcohol-impaired driving crashes – **one every 39 minutes.** (NHTSA)

About **one in four teen car crashes** involves an underage drinking driver. (SAMHSA)

Follow these tips to prevent impaired driving:

- ◆ Never allow alcohol to be provided or served to minors. It's against the law, and it's dangerous.
- ◆ If you're planning an adult party or social event, make sure there are plenty of non-alcoholic beverages and that they're prominently displayed.
- ◆ If alcohol is going to be provided, insist that designated drivers be identified.
- ◆ Provide lots of protein and high carbohydrate food and snacks, but steer clear of salty ones that make people want to drink more.
- ◆ If you're an adult, be aware that there are times when you are more vulnerable to alcohol impairment. Choose not to drink if you've been feeling sick, are taking medicine that increases impairment when mixed with alcohol, or haven't eaten.
- ◆ NEVER drive under the influence of alcohol or other drugs, and don't get into a car being driven by someone who is. Arranging for alternative transportation may save your life!

We all have the power to reduce impaired driving!