

"For safety's sake—do something."

Sobering Statistics

As we settle into the holiday season and we celebrate with those holiday parties, keep safety a priority. Traveling with family and friends exposes everyone to risks of bad weather, bad conditions, busy traffic, as well as frustrated and possibly impaired drivers.



Over 17 million people have admitted to drinking alcohol and driving a motor vehicle. Be safe in your travels and if you plan to drink any alcohol, get a designated driver so that you arrive alive!

So what is too much to drink? That depends on everyone's build, tolerance, food intake, and time between drinks. In reality, it is just not safe to drink any alcohol and drive a vehicle!

- Every 52 minutes, someone is killed in an alcohol related car accident.
- In 2019, 10,142 people lost their lives in drunk-driving crashes.
- During the Christmas to New Year's Day holiday period in 2019, 210 people were killed in drunk driving crashes across the U.S.

Are you going to be a part of the problem or a part of the solution? Did you know that the immediate fine to a person pulled over by Law Enforcement for driving while under the influence is likely over \$10,000. This does not even take into consideration damage to a vehicle, medical bills, injuring others, or other related expenses.

The bottom line is that NO ALCOHOL is the best when you are the driver. Your Blood Alcohol Content (BAC) can continue to rise for up to 3 hours after your last drink. If you are the designated driver, many establishments will give you free access to non-alcoholic beverages in recognition of your positive decision.

Alcohol affects at any quantity:

- Drowsiness
- Impaired vision
- Slower response time
- Reduced concentration
- Difficulty in multitasking
- Showers, coffee, and fresh air DO NOT help reduce your BAC or sober you up!!!

Before heading out for your special event, decide if you will be drinking ANY alcohol. If you plan to drink, remember that Buzzed Driving is Drunk Driving and that any alcohol in your system exposes you to many problems. During the holiday season of Christmas and New Years, most Law Enforcement agencies develop a zero tolerance guideline.



It is never ok to drink and drive. Offer to pick up someone that you know is going to be around alcohol or even volunteer to be the DD to keep everyone safe. If you have friends or family that are attempting to drive after drinking alcoholic beverages, please do everything in your power to stop them by taking the keys.

Remember the campaign of "Friends don't let friends drive drunk!"

For more information about the Buzzed Driving Is Drunk Driving campaign, visit www.nhtsa.gov/risky-driving/drunk-driving.