



Driving under the influence puts lives at risk

The dangers associated with impaired driving are well known. Nevertheless, every summer, countless drivers get behind the wheel either exhausted or under the influence of alcohol, medication or illicit drugs, putting the lives of others at risk as well as their own.

Are you planning on hitting the bar or attending a summer party? There's nothing wrong with having fun, as long as you don't get behind the wheel afterward! Public transportation, taxis, designated drivers — there are many ways to get home safe and sound without driving your personal vehicle. Other sensible solutions include staying the night or renting a room at a nearby hotel.

There's no foolproof way to remove alcohol from your system. Taking a cold shower or drinking black coffee will not lower your blood alcohol content. Your body needs time to break down the alcohol naturally — it's the only way!

Mixing alcohol with drugs (prescription medication included) leads to a greater impairment of cognitive functions, increasing your risk of causing a crash.

Going prolonged periods of time without sleep (more than 17 consecutive hours) is equivalent to drinking several alcoholic beverages. That's why it's strongly recommended to avoid driving when sleep-deprived.

Did you know?

Your blood alcohol level can continue to increase up to 90 minutes after you've consumed your last drink of the evening.

Drive Sober, Be Safe This Summer

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