

# WHAT IS THE INFLUENCE?



**ALCOHOL, MARIJUANA, AND SIMILAR DRUGS**

**COCAINE AND METHAMPHETAMINE**

**MORE AGGRESSIVE AND RECKLESS DRIVING**

**SLOWER COORDINATION, JUDGMENT, AND REACTION TIMES**

## DRIVING UNDER THE INFLUENCE AND THE LAW



**IT IS ILLEGAL IN ALL 50 STATES TO DRIVE UNDER THE INFLUENCE OF:**

- ALCOHOL
- MARIJUANA
- METHAMPHETAMINES
- OPIOIDS
- ANY POTENTIALLY IMPAIRING MEDICINE

## WHAT'S IN A DRINK?



**For example:**  
A 170 lb. person who consumes 4 drinks in an hour will have a BAC of around **.08%**

- ONE DRINK**
- 12 OZ OF BEER**
- 5 OZ OF WINE**
- 1.5 OZ OF LIQUOR**

IT TAKES ABOUT ONE HOUR FOR THE ALCOHOL FROM ONE DRINK TO LEAVE YOUR BODY

## BLOOD ALCOHOL CONCENTRATION AND DRIVING



**BAC .02**  
Effect on Driving: Decline in visual functions and in ability to perform two tasks at the same time

**BAC .08**  
Effect on Driving: Concentration loss, reduced ability to process information that you see and hear

**BAC .15**  
Effect on Driving: Substantial impairment in vehicle control, attention, and information processing from your senses

## BE SMART, BE RESPONSIBLE,

### BE SAFE

- 1** Plan ahead for a sober driver
- 2** Don't let friends get behind the wheel if they're under the influence
- 3** If you're hosting a party, make sure all guests leave with a sober driver
- 4** Always wear your seatbelt—it's your best defense against impaired drivers



**IMPAIRED DRIVERS CANNOT ACCURATELY TELL HOW IMPAIRED THEY ARE.**

**IF YOU FEEL DIFFERENT, YOU DRIVE DIFFERENT.**

## DUI IS NOT WHAT THE DOCTOR ORDERED



**SOME PRESCRIPTION AND OVER-THE-COUNTER MEDICINES CAN CAUSE:**

- EXTREME DROWSINESS**
- DIZZINESS**
- OTHER SIDE EFFECTS THAT CAN IMPAIR DRIVING**

Read and follow all warning labels before getting behind the wheel.

## DON'T MIX AND DRIVE



Using two or more drugs at the same time, including alcohol, can amplify the impairing effects of each drug a person has consumed.