

# DON'T DEAL WITH DEADLY DRIVERS



**You could be saving their life or the lives of others**

If you have used marijuana, don't get behind the wheel. Better yet, Don't use marijuana at all.

## Speak up

If someone who has used marijuana is about to drive, ask them to let a sober individual do the driving.

TAKE THEIR KEYS AWAY IF YOU HAVE TO



# RESOURCES ARE AVAILABLE

If you or someone you know is struggling with marijuana use, there are resources.

The substance abuse national hotline is free, confidential, and available 24/7, 365 days a year. 1-800-662-HELP (4357), [www.samhsa.gov](http://www.samhsa.gov)

To learn more about marijuana's health effects, including its impact on driving, go to: [www.cdc.gov/cannabis/health-effects](http://www.cdc.gov/cannabis/health-effects)



# ALWAYS ILLEGAL

Medical and recreational marijuana are legal in a number of states, but driving under the influence of marijuana is always illegal.

- Many states have established a THC blood content limit of five nanograms per milliliter. The amount of THC in one's system can depend on:
- Type of marijuana used
  - How much has been consumed
  - A person's body chemistry
  - Frequency of use



# WHAT'S THE BIG DEAL?

Would you get behind the wheel of a car that had no brakes or bad steering?

If you get behind the wheel after using marijuana, it is just as risky as driving a car that doesn't work properly.

Marijuana is a commonly used drug, and many people think it is harmless. Nothing could be further from the truth, and the consequences can be tragic.



# MIXING MARIJUANA AND ALCOHOL



Many drivers who cause car crashes are found to have both drugs and alcohol in their system.

Having alcohol in your system may enable faster absorption of THC, the chemical in marijuana that causes a high. Even in small doses, this mix can cause significant impairment, and it raises the risk of a car crash.

# HOW MARIJUANA AFFECTS THE BRAIN

When marijuana is used, THC enters the bloodstream and travels to the brain, where it alters the chemical balance. This change affects many functions that are crucial to driving, such as:

- MOTOR SKILLS
- CONCENTRATION
- REASONING ABILITIES
- ATTENTION
- JUDGMENT



# HOW MARIJUANA IMPAIRS DRIVING



Drivers who have used marijuana show delayed responses to stimuli. They are unable to react in a timely manner to:

- Red lights
- Other cars
- Stop signs
- Pedestrians

Marijuana also impairs a driver's ability to:

- Judge distances
- Maintain their speed and lane position



# IT STAYS IN YOUR SYSTEM



Because THC can stay in the body for weeks, a blood test taken after a car crash may show that the driver was under the influence—even if they haven't used recently.

Being involved in a car crash when you have THC in your system can lead to financial and legal consequences that may ruin your future.