

Sober Up

Think you know when you're sober enough to drive..?

THE FACTS >>>

" I've had a couple of pints but I feel sober. I'll be fine driving my mates home - they're in a worse state than me. "



- Even one drink impairs coordination, slows reactions and distorts judgement.
- It creates false confidence, so you're more likely to take risks and think you're in control when you're not.
- Just half a pint affects your reaction times.

1 in 6 road deaths are caused by a drink-driver.

THE FACTS >>>

" I don't have a clue how much alcohol is in this drink, or how many will put me over the limit. "



- Many drinks are stronger than you think - just one could put you over the limit.
- It's impossible to work out how much will put you over the limit - it varies at different times.
- Your driving skills are affected long before you reach the limit.

At half the drink-drive limit, you are three times more likely to be in a deadly crash.

THE FACTS >>>

" I'm hungover, but I've had a good night's sleep. After a coffee and a fry up I'll be fine to drive. "



- There's no way of knowing how long it will take to sober up.
- Sleep, food, fresh air and caffeine don't make you sober up any faster.
- If you need to drive early the next day, any more than a couple of drinks is risky.

1 in 9 drivers who fail a breath test are caught the morning after.

THE FACTS >>>

" I drive after smoking cannabis all the time - it's no big deal. I drive more carefully when I'm stoned. "



- Cannabis affects your coordination and reactions, and makes you drowsy. Driving more carefully does not compensate.
- Drugs like ecstasy, speed, cocaine and legal highs can make you jumpy, paranoid, confused and overconfident, which can be lethal at the wheel.
- Drugs and alcohol is an especially deadly combination.

1 in 5 drivers who die have illegal drugs in their body.

THE FACTS >>>

" I've had a glass of wine but I need to give my boyfriend a lift. It's not far so I'm sure I'll be fine. "



- If you kill someone when driving on drink or drugs you could face up to 14 years in prison and a lifetime of regret.
- Or you could be seriously injured or dead yourself.

5 people are killed and 24 seriously injured every week by drink driving in the UK.

Drink and drug driving wrecks lives



Gareth Evason, 19, was killed as he was walking home from the pub one night. He was knocked down by a drunk driver who had been drinking in the same pub as him. Gareth's killer was his best friend.

Pledge to never drive on drink or drugs - not a drop, not a drag.

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