

December Topic: Impaired Driving Prevention



Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This amounts to one death every 51 minutes. The annual cost of alcohol-related crashes totals more than \$59 billion.

Thankfully, there are effective measures that can help prevent injuries and deaths from alcohol-impaired driving.

What safety steps can individuals take?

Whenever your social plans involve alcohol, make plans so that you don't have to drive after drinking. For example:

- **Prior to any drinking, designate a non-drinking driver when with a group.**
- **Don't let your friends drive impaired. Take their keys away.**
- **If you have been drinking, get a ride home or call a taxi.**

If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages; and make sure all guests leave with a sober driver.



Presented by NHCH Health Promotion
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