Don’t Get Wrecked

Impaired driving can hurt your life, your family, and your career.

Sailors and Marines are often faced with situations that can increase the risk to engage in unhealthy behaviors that impair driving, especially drinking and driving.

In the U.S., approx. 30 people die per day in crashes that involve alcohol-impaired drivers!

When it comes to booze, **SIZE** DOESN’T ALWAYS MATTER.

- 12 fl oz of regular beer
- 5 fl oz of table wine
- 2-3 oz of cordial, liqueur, or aperitif
- 1.5 fl oz shot of 80-proof spirits/hard liquor

The amounts above are the equivalent of 1 standard drink.

**Average DUI = $10,000**

Pssst... we hear taxis are way cheaper

14 times and have money left over for dinner with all your friends.

10 times with a balcony view.

Even buy great tickets...

...and your friends.

**1 in 3 traffic fatalities are in alcohol-impaired-driving crashes.**

On average in 2012 1 person was killed every 51 minutes in an alcohol-impaired driving crash.

**Plan BEFORE you head out:**
- Have a non-drinking designated driver or have a family member or friend to pick you up.
- Call a taxi. Have the number already programmed into your phone so you have it readily available when needed.
- Plan to stay overnight.

**#DrinkResponsibly**

- Count and measure your drinks accurately and set limit’s for how often you drink.
- Alternate alcoholic beverages with non-alcoholic beverages, like water.
- Eat food while drinking to help slow down the absorption of alcohol.
- Talk to friends, family, or a professional if you need help cutting back.

If you or someone you know is at risk, take action before someone gets hurt:
- Talk to your Drug and Alcohol Program Advisor (DAPA) or Navy Drug and Alcohol Counselor
- Speak to your Commanding Officer, XO, OIC, CMDCM/COB, or Chaplain
- Reach out to DoD Medical Personnel
- Contact your Fleet and Family Support Center Counselor
- For more information, visit the NMCPHC HPW Preventing Drug Abuse and Excessive Alcohol Use Web page

**While the legal limit for Blood Alcohol Concentration (BAC) is 0.08 for a DUI, alcohol can seriously impact your body and your driving at much lower levels.**

- 0.02
  - Some loss of judgment
  - Relaxation
  - Slight body warmth
  - Altered mood

- 0.08
  - Decline in visual functions
  - Decline in ability to multi-task
  - Poor muscle coordination
  - Harder to detect danger
  - Impaired judgment
  - Self-control, reasoning, and memory
  - Difficulty concentrating
  - Short-term memory loss
  - Unable to control speed
  - Reduced information processing capability
  - Impaired perception

- 0.10+
  - Deteriorated reaction time and control
  - Slurred speech, poor coordination, and slowed thinking
  - Major loss of balance
  - Substantial impairment in vehicle control, attention to driving task, maintaining lane position, braking, and in visual and auditory information processing

**If you need help cutting back:**

- The amounts above are the equivalent of 1 standard drink.

**HPW-000052**