

# STAND OUT POUR IT OUT.

DRIVING

UNDER

THE

INFLUENCE

We've heard it before: drinking and driving is a no-go. It's illegal, super dangerous, and even if you don't get in an accident, you risk getting your driver's license taken away, putting in some jail time, and/or paying heavy fines. Just a first-time offense can cost the driver up to \$10,000.

Alcohol affects driving by slowing down your reaction time while also impairing your coordination and judgment. The Department of Transportation found that every day, about 32 people die in drunk-driving accidents (roughly one every 45 minutes). These deaths are all preventable if drivers can learn to exercise good judgment and refrain from getting behind the wheel while they're intoxicated.

Brain function, thinking, reasoning, muscle coordination—these abilities are all essential in order to operate a vehicle safely (even if it feels like second nature). And it's not just illegal intoxication levels—BAC of 0.08 or higher—that increase the risk of getting into a crash. In 2020 alone, there were more than 2,000 people killed in alcohol-related accidents where a driver had a BAC between 0.01 and 0.07.

You may not be the one intoxicated, but your friends or family could be taking huge risks in driving drunk. What can we do to avoid riding with drunk drivers, and help keep them safe, too? Have an exit plan: know how you're getting home safely from wherever you are. Call an Uber, a relative, or another friend to give you a lift. Talk with the intoxicated person and remind them of the dangers of drunk driving. When the safety of you and your friends is in question, pour it out.

