

Drive sober or get pulled over

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Carlisle Barracks leadership and law enforcement want to remind all drivers that it's dangerous to drive after drinking. You have to choose your role before drinking begins: will you drink or will you drive?

Did You Know?

- Drunk driving is often a symptom of a larger problem: alcohol misuse and abuse.
- Alcohol-impaired motor vehicle crashes cost more than an estimated \$59 billion annually, according to the CDC.
- During the 2013 holiday period (December 18-31), there were 1,180 people killed in crashes on our nation's roads, and almost a third (30%) of those fatalities were in drunk-driving crashes.
- Over the entire month of December 2013, a staggering 733 people lost their lives in crashes involving a drunk driver.
- If you look at crash fatalities in December from 2009-2013, there were a total of 3,857 people killed in crashes that involved drivers with high blood alcohol concentrations (BACs).
- Drunk driving is an epidemic in our country year-round. According to NHTSA, 32,719 people were killed in motor vehicle traffic crashes in 2013, and 10,076 of those fatalities occurred in drunk-driving-related crashes.
- Compared with other age groups, teen drivers are at a greater risk of death in alcohol-related crashes, even though they're too young to legally buy or possess alcohol. Nationally in 2013, 29 percent of the young drivers (15 to 20 years old) killed in crashes had a BAC of .01 grams per deciliter (g/dL) or higher.

NHTSA wants to remind all drivers that it's dangerous to drive after drinking. You have to choose your role before drinking begins: will you drink or will you drive? Remember, even if you only have a little bit to drink and think you're "okay to drive," you could still be over the legal limit ... **Drive Sober or**

Get Pulled Over.

- With the holidays coming up, there will be an increase in social events that involve alcohol. Data from the National Highway Traffic Safety Administration (NHTSA) shows that this results in an increase in DUIs and fatal drunk-driving crashes around the holidays.

There's nothing like a night out with friends. And when it's time to go home, you may think you're okay to drive. But alcohol has a way of messing with your judgment. And turning a great night out into a great big problem.

- **If you've been drinking at all, you should not be behind the wheel. It will cost you—possibly your life.**
- Planning ahead is the key to avoiding a DUI or a deadly drunk driving crash. You make plans to attend parties, go to bars or sporting events, or gather with family and friends. So why not plan how to stay alive and out of jail? A sober driver is an essential part of any plan that includes drinking.
- Law enforcement actively looks for drunk drivers, especially around the holidays. So keep in mind that *Buzzed Driving Is Drunk Driving*. Are you willing to risk a DUI or a fatal crash for the “convenience” of driving yourself home after drinking?
- If convicted of a DUI, you face jail time, the loss of your driver's license, higher insurance rates, and dozens of other unanticipated expenses ranging from attorney fees, court costs, car towing and repairs, and lost wages due to time off from work—there's also the added humiliation and consequences of telling family, friends, and employers of your arrest.
- The average DUI costs the offender about \$10,000. For a lot less money, you could pay for a taxi.
- The consequences of even one drink can impair your judgment and increase the risk of getting arrested for driving drunk—or worse, having a crash.
- If you have been drinking, there are always safe ways to get home—do not drive. You can call a taxi, phone a sober friend or family member, use public transportation.
- Help others be responsible, too. If someone you know is drinking, do not let that person get behind the wheel. Remind others: *Buzzed Driving Is Drunk Driving*.
- Call the police if you see someone driving drunk. It *is* your business. Getting drunk drivers off the roads saves lives.
- Walking while impaired can be just as dangerous as drunk driving. Designate a sober friend to walk you home.

Keep your holidays happy and safe. When you have any alcohol, let someone not drinking do the driving *Buzzed Driving Is Drunk Driving*.

Information provided by National Highway Traffic Safety Administration (NHTSA). For more information, visit www.trafficsafetymarketing.gov. Or contact The Army Substance Abuse Office at 245 – 4576.

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